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WEAR FEKKAI HAIR™

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Start building your home's character with stylish and affordable décor comparable to what you'd find in specialty stores. For area rugs, lighting, window treatments and more at low prices that can't be beat, visit your nearest Lowe's store or Lowes.com.

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Want a gorgeous planter that changes with the season?

Start with a year-round shrub. Then play it up with a rotation of plants according to the season—even winter. We show you how on *page 130.*

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COVER PHOTO: PRODUCED AND STYLED BY MARCUS HAY; PHOTO: KATE MATHIS

VOLUME 88, NUMBER 3

a month of energy

Make the most of March's promise of spring and reinvigorate yourself. Make a date with a favorite funny girl—all those giggles and guffaws boost endorphins, and social connections elevate the spirit.

1

PACK A PAIR Take your comfortable shoes to work for a quick walk outside in the sun. Sunlight increases the production of serotonin, which lifts the mood.

4

PET TIME Playing with your pet can reduce stress, a big energy zapper. Give your anxieties a breather and play fetch with Buddy.

9

REST UP For better sleep and more energy when you wake up, turn off the TV or computer an hour before bedtime. Kimono eye mask, $22; *flight001.com*

13

DIG IN Sink your hands into garden soil to get your juices going. "Get sweaty, dirty, and earthy," says Alexandra Stoddard, author of *Choosing Happiness*.

16

MOMS ON THE MOVE Tired moms can rewire their minds by taking a short 3-minute time-out. Find a quiet spot to close your eyes and meditate.

18

SNACK WELL Pack a bag of nuts when you're on the go. Brazil nuts have magnesium, a mineral that helps convert sugar to energy. Avoid feeling sluggish by drinking at least eight glasses of sugar-free fluids a day. Dehydration is a major cause of fatigue.

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24

25

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For a quick energy boost, breathe in peppermint or eucalyptus scents—they naturally awaken your senses.

Eucalyptus foaming bath, $23, and cologne, $20; *thymes.com*; Eucalyptus Mint diffuser, $15; *chesapeakebaycandle.com;* Peppermint, Basil, and Rosemary candle, $30; *origins.com*

KEEP THE MUSIC PLAYING Researchers have found that listening to your favorite music boosts energy and stimulates positive thinking.

BY KATHY BARNES; PHOTOS (AROMATHERAPY PRODUCTS, EYE MASK) MARTY BALDWIN

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Over my years with *Better Homes and Gardens*, I've toured literally hundreds of kitchens—and fallen in love with almost every one. I completely admire the tiny gems, microplanned so everything is in its perfect place. I'm crazy about the big, multicook kitchens where everyone can hang out. And I truly hope someday to have a kitchen island with a refrigerator drawer and guest seating. (Note to spouse: *truly.*)

Yet when I go home at night, I find myself surprisingly happy with the kitchen I own. It's a standard-issue galley space. But over the years, we've touched up the aesthetics and lighting, and organized storage to define work zones. We added art over the sink and armchairs to the breakfast area, so the whole space feels more like a family room. And it lives just right for us. We make a lot of great memories in that kitchen, not to mention some pretty good meals.

This issue of *Better Homes and Gardens* puts special focus on kitchens and right-now ways to make yours a better place to eat, cook, and live. You'll see some beautiful new kitchens with smart, stealable ideas, of course. You'll also find pro picks for big and small products to make your kitchen more functional or fun, *page 70*. One of our favorite kitchen designers recommends the best neutral hues to work with cabinetry, *page 39*. And because you've told us you're trying to eat healthier, we invited Ellie Krieger, host of Food Network's *Healthy Appetite*, to show how your kitchen can help, *page 48*.

For now, many of us have postponed bigger home projects. The upside of that is we're also taking a more creative, inspired look at how to live better in the space we have. And there's no place better to start than in the heart of the home.

Gayle Goodson Butler, Editor in Chief

national women's health week

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ONE CLICK FOR HEALTH

At *Better Homes and Gardens*, we're dedicated to women's health and wellness. This May, thousands of women will come together to take ownership of their health through National Women's Health Week, an effort coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. Log on to **BHG.com/Healthpledge** to take our Pledge for Better Health and to obtain tools, articles, and to view pledges from other motivated women.

What's your best kitchen organizing trick?

Post your tip or photo on our Facebook page *www.facebook.com/mybhg* to share it with thousands of BHG fans.

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We bake smiles. Here's how you can make a few more.

Did you know there are ways to encourage optimism in kids? Here's one.

SMILE FILE

Make a Smile File with your kids, and keep it on the table with some cards and crayons. Whenever they remember something that made them smile, they can write or draw it on a card. Then, once a week, take turns pulling a "smile" from the box and reading it aloud.

For more interactive tips and tools to inspire positive thinking in children, visit fishfulthinking.com.

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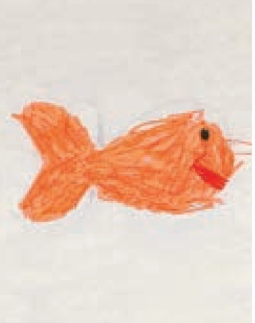

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"**Kudos** to Sharilyn Wright for being able to creatively organize her small home ("No Small Order," January). I'm a mom of a toddler and also run a small creative business from home. I'm excited to try Sharilyn's tips. Thanks for the inspiration."

Lauren Munzenmaier, San Diego, CA

Good ideas in January's "Swap Till You Drop." My friends and I recently held a party where we brought kitchen gadgets that we didn't use or want and auctioned them off. We raised more than $40 and used the money to purchase items for a family in need through our church.

Mary Howe, Jefferson, OH

I enjoy your magazine and picked up on most of the tips in January's "25 Ways to Conquer Clutter." The idea of transferring CDs to digital is a good one, but suggesting that the discs can then be sold would be a violation of copyright.

Nechama Cox, Baltimore, MD

Thanks, Nechama, and others for pointing that out. Although it is legal to convert music you own to digital format for your own use, selling or giving away the discs violates copyright laws. Consider putting discs in out-of-the-way storage or recycling them. Since most local recycling centers and curbside programs don't accept CDs, your best option is to mail your discs to a recycling facility such as the CD Recycling Center of America (cdrecyclingcenter.org) *or GreenDisk* (greendisk.com).

a: We asked: How do you stay organized?

With four children ages 13, 11, 10, and—surprise!—17 months, being organized is a priority in our often chaotic household. I've found that telling children to do specific tasks, such as straighten up the closet or toybox, works better than the general, "Go clean your room." Stray headphones, iPods, and phones go in our "Where is it?" basket on the counter, aka our home's lost and found.

Renee Wernicki
Tewksbury Township, NJ

I have two small ideas that have helped me stay organized. For organizing earrings inside a jewelry box, I use seven-day pill organizers (with the tops sliced off). In our small walk-through laundry room, my husband modified a white wire shelf that can be pulled down to create five feet of hanging space, then snapped flat against the wall when the clothes are moved.

Mary Dunnam, Wheaton, IL

I scrapbook and make cards, which can be an expensive hobby if it doesn't stay under control. I use resealable clear bags to organize papers and embellishments and label them Birthday, Halloween, Easter, Christmas, Girl, Boy, etc. Now I have all the supplies I need (except for adhesives and tools, of course) to create themed page layouts in simple bagged kits. Add a desk and wardrobe from Ikea—and I'm organized!

Cherie Johanson, Vancouver, WA

Your annual issue on conquering clutter and getting organized is a favorite, and I always glean good ideas. I keep large, clear "grandchildren" boxes sorted with toys, games, and puzzles, plus a large laundry basket for books. They're easily accessible, the grandchildren know where everythings is, and cleanup is a snap.

Vicky Paulson, Lake Stevens, WA

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If you have spring fever (and who doesn't?), BHG.com has the cure! Bring the new season into your home and your life by sprucing up your kitchen, planting tasty vegetables, and getting rid of winter flab.

store more in your kitchen

Our special kitchen section starting on *page 31* shows you how to make the most of that room where we live so much of our lives. "But I have too much stuff and not enough room!" you say? We have 30 ways you can make more space in your kitchen.
BHG.com/kitchenspace

HOW DO YOU LIVE LIFE IN YOUR KITCHEN? LET US KNOW AT FACEBOOK.COM/MYBHG

Grow your own pizza toppings

An ordinary garden can be more than pretty—it can be productive. We show how vegetable crops can be integrated into flowerbeds on *page 101*. Thrill your family by planting veggies and herbs that can transform into the best-tasting pizza toppings you've ever had.
BHG.com/pizzagarden

Get fit for a lot less

Cut gym costs by investing in at-home equipment as simple as a ball or hoop (our complete list appears on *page 216*). Then check out this full workout you can do with just a pair of water bottles!
BHG.com/cheapworkout

woof! save moments with your pet

Spring is a great time for your pet to frolic outside. Capture those moments and compile them with our pet photo products, such as books, journals, and calendars, at BHG Life in Photos. And here's a bonus: Get 30 percent off all pet products through March 15!
BHG.com/petphotos

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Anna is wearing Color Sensational™ Lipcolor in Madison Mauve, #465. ©2010 Maybelline LLC.

fresh

IDEAS FOR LIVING WELL

SHADES OF THE SEASON
A brightly colored crocus is the garden's first sign of spring. Take a cue from nature and wake up your wardrobe with cheery yellow, refreshing lavender, and soothing green.

V

Open Up

Early bloomers signal a new start. Sweep out the winter blues, grow something flavorful, go digital in the kitchen.

Produced by KELLY RYAN KEGANS and JESSICA THOMAS

things to do this month...

1 PIN ONE ON

PIN ONE ON Create your own luck with an easy-to-make four-leaf clover pin. Cut out the clover shape using contrasting colors of green felt, glue together, and embellish with trims and buttons you have handy. Attach with a safety pin on the back.

2 HEAR A HOOT

Take an "owl prowl" March 5–7 in Houston, Minnesota, at the 7th annual International Owl Festival (*festivalofowls .com*). Closer to home, learn to identify owl species by distinguishing the bird's hoot or screech sounds online at the Cornell Lab of Ornithology, *allaboutbirds.org*.

Downloadable template for miniature paper "Wise Guys," $2.45; mibostudio.co.uk

3 Spring forward

Declare March 14 a day of change—for your clocks on Daylight Savings *and* the batteries in your smoke detectors. In places that don't lose an hour, use the first day of spring, March 20, as a reminder to change batteries.

INDISPENSABLE: CLEAN SWEEPS

Kiss dust bunnies goodbye with hip-looking housewares that just beg to be on display. Metal dustpan, $18, and wooden dust brush, $16; *alicesupplyco.com*

4 HAPPY DAYS

HAPPY DAYS Banish late-winter doldrums with an idea from Gretchen Rubin's new book, *The Happiness Project*. "Studies show that recalling happy times helps boost happiness in the present," she says. Her family made a happy new memory with "Polite Night." Every Sunday, the table is set properly, good manners are enforced, and everyone enjoys a nice meal together. Find more tips on her blog, *happiness-project.com*.

Q&A

How do I clean the bird feeder for the season?

Empty feeders about once a month and immerse them in a solution of 9 parts water to 1 part bleach. Rinse well and dry before refilling with seed. From *Audubon.org*

CONTRIBUTORS: KATHY BARNES, BERIT THORKELSON. PHOTOS (DUSTPAN): ADAM ALBRIGHT; (OWLS, CLOVER PIN, PORTRAIT): MARTY BALDWIN

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blogged...

DESIGNMOM.COM An art director and mother of five (with a sixth baby due in May), Gabrielle Blair reports from that sweet spot where parenting and design intersect. “As a professional designer, I’m completely visual, so when I find something beautiful I want to share it.” This month, she’ll be finding Easter outfits for her kids, experimenting with egg-dyeing techniques, and growing wheat grass in her Denver home.

crunch!

Bite into America’s favorite snack on March 14, National Potato Chip Day. For the best local flavors, you answered our call on Facebook. Here are some standouts from our taste test.

ART’S AND MARY’S HOMESTYLE TATER CHIPS Made in Cheney, Kansas, these kettle chips are sliced thick and sprinkled with just the right hit of salt. Turn up the heat with their most popular flavor: Hot ’N Zesty Jalapeño. *artsandmarys.com*

BETTER MADE This 80-year-old Detroit company buys potatoes from local farmers, and quick-cooks the chips in cottonseed oil. *bmchips.com*

GOLDEN FLAKE POTATO CHIPS This Birmingham company has been quick-cooking batches for 87 years. The crispy thin chips are touted as the “South’s original potato chip.” Offerings include five barbecue flavors. *goldenflake.com*

JAYS CRISPY RIDGED CHIPS A Chicago classic since 1927, Jays ridge chips have the perfect dipping texture, but their tasty potato flavor is great by itself. *jaysfoods.com*

We want to hear from you. Join us at *facebook.com/mybhg*

good fun

Alice in Wonderland

Don’t be late, late for this very important opening date: March 5. Based on the classic Lewis Carroll tale, this 3-D fantasy is quirkier than ever in the hands of avant-garde director Tim Burton; Johnny Depp is the Mad Hatter.

good deed

***Half the Sky* LIVE**

On March 4, attend a one-night-only movie event based on the bestselling book, *Half the Sky*. Part of ticket proceeds benefit CARE’s humanitarian work to empower women and fight poverty around the world. Find participating theaters and more information at *halftheskylive.com*.

136.8 million

Number of people who watched 2009 NCAA March Madness coverage. This year’s tourney begins March 18. Get ready with irresistible game-watching bites at *BHG.com/gameday*.

Stat: Nielsen and Arbitron

PHOTOS: (POTATO CHIPS) ADAM ALBRIGHT; (DESIGNMOM) JUSTIN HACKWORTH; (ALICE) COURTESY OF WALT DISNEY PICTURES

www.dyson.com

Other vacuums keep costing

Other machines are still designed to need replacement belts and filters – which can be tricky to find, let alone replace. Over five years the average maintenance cost could be $233.*

Dyson vacuums keep working

With Dyson there are no bags, filters or belts to buy. Dyson uprights and canisters are also guaranteed for five years so they don’t cost a dime to maintain.

*Average five year maintenance cost of top eight selling upright vacuum cleaners by dollar sales (excluding Dyson vacuums) according to NPD data for 12 months ending October, 2009. Total maintenance cost over a five year period is based on recommended filter and belt replacement information provided by each manufacturer.

Dyson proves no loss of suction using the IEC 60312 Cl 2.9 test standard.

dyson

The vacuum that doesn’t lose suction.

PICK OF THE MONTH

$15 herb containers

These self-watering pots take the guesswork out of indoor gardening by drawing water and nutrients from a reservoir in the top chamber and channeling it into the soil. Kitchen herbs will be there when you want them. GroBal Baby ($4\frac{1}{4}$" tall), $15; *velocityartanddesign.com*

CUT, KEEP, AND COOK

Collect and use your kitchen herbs with these handy helpers.

KEEPER Keep herbs fresh longer in this container; the cuttings stand upright in a slotted water-filled tray. $20; *crateandbarrel.com*

MULTIBLADE SCISSORS Cut, chop, or mince herbs directly into a pan or over a plate with this set of five blades. RSVP Endurance herb scissors, $10; *thekitchenstore.com*

POCKET COOKBOOK Try 30 herb-flavored recipes in this new cookbook by Jane Wilson Morton. $3.25; *amazon.com*

PHOTOS: ADAM ALBRIGHT; MARKET EDITOR: JENNIFER CONDON

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sous chefs

Whip up meals in less time or for less money with a little help from these digital kitchen helpers.

DIGITAL RECIPE READER No room in the kitchen for a computer? The Key Ingredient Demy recipe reader, $300, *left*, stores up to 2,500 recipes. Load the device from a shared library of 100,000 recipes (the Demy is tied into the recipe site *keyingredient.com*), and input your own online. Built-in tools include three timers, a measurement converter, and ingredient substitution suggestions. *mydemy.com*

GROCERY LIST PHONE APPS For no more than a dollar, your phone can help manage your grocery list. "Grocery iQ" for the iPhone ($1; iTunes App Store) lets you add items to your list by pointing the iPhone's camera at a product's bar code. Customize lists for multiple stores, auto-sort by aisle, and share lists between phones. The app will also find coupons to print or add to your store loyalty card. Have an Android phone? Try "Grocery List," free.

ONLINE GROCERY SHOPPING *Alice.com* mimics real-world shopping with product packaging shown on virtual shelves. Shop household items by room and sort by name, price, or coupon availability. Shipping is free, and you can have items sent automatically on a weekly or monthly schedule. And when you check out, available manufacturers' coupons are applied—no clipping needed.

COUPON SITES Enter your shopping list and register your grocery store loyalty card at *Shortcuts.com* and the site will suggest coupons. Once you accept them, they're deposited onto your loyalty card. At checkout, the register will automatically apply them to your purchase. Another to try: *Recipe.com*'s Recipe Saver directly connects your recipe box and shopping list to the money-saving specials in your local grocery stores.

BY SUZANNE KANTRA. PHOTO: ADAM ALBRIGHT

AFTER A LONG DAY OF RUNNING,
HE TREATS HIMSELF TO A MANI-PEDI.
What he lacks in grace, he makes up in style. Meet our puppy Pergo. The house is his personal track. Fortunately, our Pergo flooring is scratch and stain resistant. So it can handle anything this little bundle of fury dishes out. Whatever our pup manages to get into, the floors stay gorgeous. And that's more than we can say for the rest of the house. For a sample and all you need to know, pergo.com.
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tea cozy

Grab a handful of flowers and a few things from the cupboard to create these simple, pretty bouquets.

by OMA BLAISE FORD photos KATE MATHIS produced by MARCUS HAY

COFFEE BREAK Coffee cups stacked on saucers and a cake pedestal create a casual "skyline" centerpiece.

Hunt and Gather Who says all your cups have to be the same? We love this fun collection of mismatched dishes. The group holds together because it's unified by color and one type of pattern. Buy cups you like in pairs, then mix and match.

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An easy way to pull off a great-looking bouquet? Use one kind of flower in each container. With round blooms, cut the stems short and pack the container to create a low dome. For vertical blossoms like hyacinth, cut all the stems the same length and arrange in a column.

SALAD DAYS Open your vegetable drawer for the makings to jazz up clear cylinder vases. We paired deep green leaf lettuce with purple hyacinth, and rainbow chard stems with pink roses. Place a water-filled container inside a cylinder vase. Cut veggies about the same height as the vase and place between the containers. Arrange flowers in the inner container, and finish with a quick wrap of colorful twine.

TEA TIME Turn a tea set into a sweet floral display. Use one kind of flower in the teapot (here, it's white ranunculus) and another in the cup (tulips).

For buying information see page 242.

@ Go Online

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indoors

life *in the* kitchen

Special Section: Big or small, the kitchen is our best-loved space for making meals and memories. This month: easy ways to bring yours more comfort, style, and function.

eat, play, live

by KIT SELZER
photos EDMUND BARR
produced by CHAR HATCH LANGOS

Mimi Friedman pictured her neighbors sharing birthday cake and swapping stories in her new home long before she moved in. That's because she and her son, Owen, 7, had been living just two doors down from this 1918 West Hollywood bungalow, and their neighbors were already like family. "The kids run from one house to the next," Mimi says. To accommodate constant activity, she enlarged the kitchen to include an island with stools, ceiling-height cabinets for toys and "a zillion odds and ends," and an eating area with a cushioned banquette. "That long table says this is a place where a lot of people can gather." It's also where Mimi and Owen build rockets from oatmeal boxes, practice math with flashcards, and do just about everything else. "Something's always cooking and someone's always hanging out—exactly what I wanted," Mimi says.

The granite-top island, *above*, has storage for everything from small appliances to pullout trash and recycling bins. In the evenings, it's Mimi's favorite spot to read the mail and newspaper.

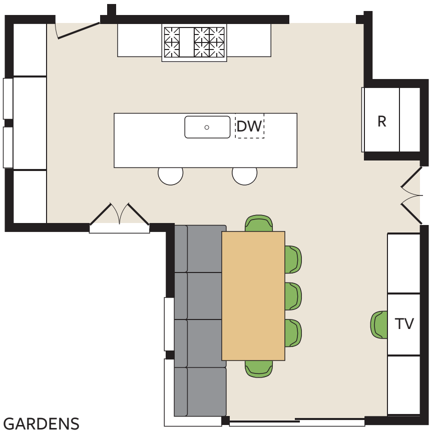
A comfy banquette and chairs make this dining area seem more like a family room. Mimi, a television writer, often works here. It's also where she and Owen like to watch TV.

try this at home Pull an upholstered chair or two up to the kitchen table to invite lounging.

"This kitchen is the center of life in the house, and it's a gathering place for the neighborhood."
MIMI FRIEDMAN

Architect Sonny Ward widened and lengthened the L-shape kitchen to incorporate a banquette. Mimi sacrificed upper cabinets in the cooking area for a dramatic tiled wall, *above*. Appliance garages, *right,* offer the flexibility to conceal or display small items.

try this at home Create an at-the-ready coffee station by grouping essentials—mugs included—on a countertop. Put everything on a serving tray for a bit of containment.



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"The desk is my **command center** and Owen's place to play computer games."

A suspended counter creates a mini office, *above*, that houses the family computer. The backyard, accessible through a sliding door, is a few quick steps away.

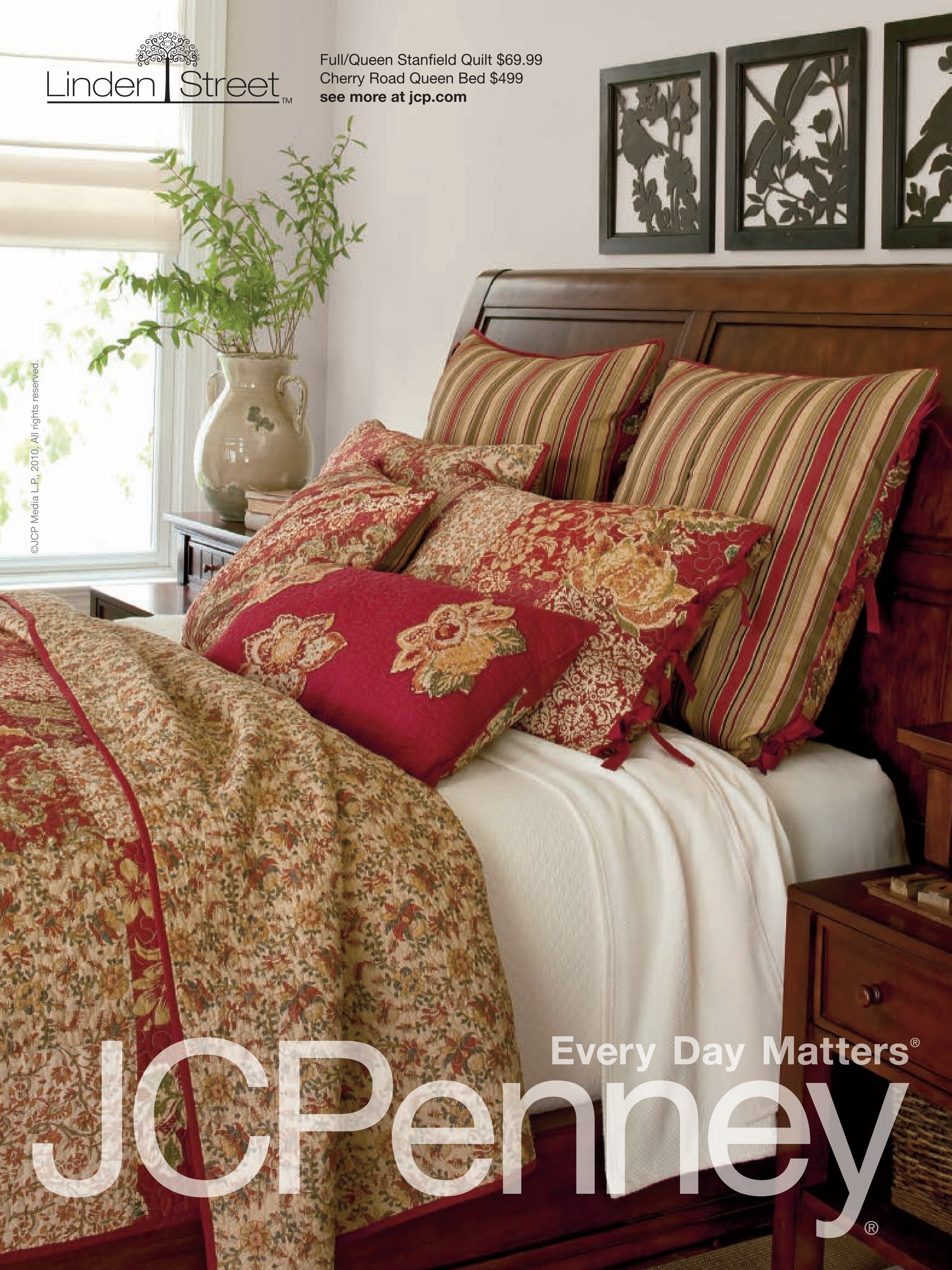
Frosted glass doors, *top*, camouflage unexpected kitchen items, including games, toys, and a TV above the desk.

try this at home

If you do art projects, play games, or work in the kitchen, designate a cabinet as a nonfood pantry.

A new deck that wraps around the back of the house, *above*, extends living space. Multiple glass doors, a window under the peak, and two skylights fill the kitchen with light.

For buying information see page 242.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no-fail neutrals

Whatever the state of your kitchen, there's a color to make it five-star. On the menu: cabinet-friendly neutrals.

BROAD STROKES
CLOUDY SKY
Walls in gray-blue are a made-in-heaven match for natural maple cabinets. Dusty Miller GLN38; glidden.com

SMALL STROKES
DRY PASTA
Use on an accent hutch or on the walls with golden oak cabinets. Waterbury Cream HC-31; benjaminmoore.com

BROAD STROKES
SAGE LEAF
Pair standard-issue oak or cherry cabinets with soft green on the walls. Svelte Sage SW6164; sherwin-williams.com

BROAD STROKES
STONE
This gray goes with virtually any cabinet finish; it looks incredible with walnut. Notre Dame 5006-1B; valspar.com

BROAD STROKES
CREAM
A pretty not-quite-white, this is the color to fall back on—for either cabinetry or walls—when you can't make up your mind. Sandy Oasis DW14; dutchboy.com

BY JOANNA LINBERG; PHOTO: ADAM ALBRIGHT; PRODUCED BY JESSICA THOMAS

tasteful palette

Chicago-area kitchen designer Rebekah Zaveloff shares her proven secrets for choosing paint colors for your kitchen.

CLEAR VIEW Strip your kitchen of any extra color before judging a paint swatch: Prime over the current wall color, peel off blue painter's tape, and remove any protective drop cloths. “Even seasoned professionals get tripped up when looking at a new color option next to old colors and finishes,” says Zaveloff.

REFERENCE POINT “If you're the kind of person who agonizes between six blue-grays, use a natural material you love, like tile or stone, to help you make the selection,” Zaveloff says. Lay the chips next to the tile and choose the color that it pairs with best.

WHEN IN DOUBT “Pick the grayed-down version of any color,” Zaveloff says. “Bright colors are great, but we're bound to get sick of them more easily.”

For buying information see page 242.

Not sure how to pull together a kitchen palette that works? Check out designer Rebekah Zaveloff's new Design in a Bag product. It includes material samples for cabinets, tile, counters, and paint picks—plus 3-D renderings and buying tips. Choose from more than 30 bags. Shown: Kelton, from $99; **designinabag.com**

PHOTOS: (PORTRAIT) JULIE ZAVELOFF; (ROOM) JAMES YOCHUM

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10 great ideas, 1 livable kitchen

This hardworking space fits right into the living areas around it thanks to a polished layer of camouflage.

by OMA BLAISE FORD photos ANTHONY-MASTERSON styling ANNETTE JOSEPH

1 KEEP IT WARM. Rich cream tones and wood accents balance stainless-steel appliances in Celine and Wade Stribling's Atlanta kitchen.

try this at home **Warm up the kitchen with a beautiful rug. For better slip-resistance, use a premium rug pad (thicker than standard rubber grip pads) and adhere rug to pad with double-sided carpet tape.**

PRODUCED BY LISA MOWRY

2 MINIMIZE CABINETS. As part of the remodeling project, the Striblings opened their kitchen to the adjacent living room. As a result, “it needed to feel more like a room than a kitchen,” says designer Craig Kettles. He painted both the cabinets and walls the same color, so the cabinets recede rather than stand out.

Simply Irresistible #205; benjaminmoore.com

3 AVOID THE EXPECTED. The Striblings asked for a spot for barstools, but Kettles wanted to keep the area from looking like a typical breakfast counter. He created a low-profile bar by tucking a narrow marble shelf between cabinets on the back side of the island.

4 WORK IN FURNITURE DETAILS. Ball feet on the island’s glass-front cabinets, large wood knobs, bookcase-style framed open shelves, and beaded board all give the cabinetry homey furniture style. Height variations in the island also add interest. “I designed it with multiple heights to reduce its mass and shield any mess from the living room,” Kettles says.

try this at home **Swap out basic metal pulls with wood knobs to give cabinets a furniture look.**

5 INCLUDE ARTWORK.
The area above the range is in full view from the living room, so a piece of art is a great foil for the eye. Heat and steam can damage art, so your best bet is to choose an inexpensive print or poster for this purpose.

"We tried to **maximize** the functionality of **the island** to compensate for not having cabinets above the range."

KITCHEN DESIGNER CRAIG KETTLES

6 USE ACCESSORIES FROM OTHER ROOMS.
Kettles lit the island with table lamps instead of the usual hanging pendants. They're hard-wired in the island, so there's no cord to deal with.
try this at home Add a lamp to a peninsula for a decorated look.

7 MIX MATERIALS.
A combination of wood paneling, marble and black walnut counters, and aged nickel accents take the space beyond an equipped kitchen to a furnished room.
try this at home Give cabinets an instant update by replacing a couple of solid doors with glass-fronted ones.

8 MAKE IT INVITING. Plenty of seating invites gathering in the breakfast room, *above*. Brown houndstooth fabric echoes the dark stain on the room's pantry cabinets, *right*.

try this at home **Bench seats allow you to squeeze more people around a table. For a casual look, choose benches without backs—think family picnic table.**

9 PUT THINGS IN REACH. An appliance garage with doors that push back into the cabinet keeps countertop appliances handy but hidden, *above right*. Kettles positioned drawer-style appliances—two dishwashers, a warming drawer, and a microwave—just below the countertop, where they are easiest to use. The microwave can be a design challenge, Kettles says. "Drawer versions help tremendously—they're easy to access and out of the main line of sight."

10 DISGUISE THE PANTRY. A storage unit next to the living room opening was designed to have the look of a freestanding antique, *right*.

try this at home **Use a piece of furniture for extra storage in the kitchen. Try repurposing an unused TV armoire to store dishes, bulk staples, or less-used small appliances.**

For buying information see page 242.

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mission: eat healthy*

BY KIT SELZER; PHOTOS: KING AU; STYLING: JENI WRIGHT; HAIR/MAKEUP: MARY-KATE GALES

FRESH DAILY
It's simple but effective: Keep a bowl of fresh fruit on the counter, filled with enough fruit for one or two pieces per family member per day. Ellie encourages variety—from apples and pears to mangoes and clementines. Grapes and berries, though, should stay in the refrigerator.

***And get your kitchen to help you do it.** Cookbook author Ellie Krieger shares some simple practices and affordable products to improve the way you eat.* At the heart of her philosophy: "Create an environment that works for you, not against you, by keeping healthy foods at your fingertips," says Ellie—Food Network star, registered dietitian, and busy mom. For example, "spend a few minutes cutting, repackaging, and generally organizing your food when you come home from the grocery." Resist the temptation to store snacks in countertop canisters. "You'll be less likely to automatically reach for them if you put them out of sight in a cabinet," Ellie says. And take advantage of guilt-free ways to add flavor to your cooking. "Focus on big flavor that's also healthful, like citrus, chili powder, peppers, ground spices, and vinegar. You can get the great taste without relying on salt and sugar," says Ellie, who incorporates this trick into her recipes, including those in her newest book, *So Easy* (Wiley; $29.95). Turn the page for more of Ellie's ideas on giving your kitchen—and your approach to healthy eating—a low-cost, high-impact makeover.

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"On Sundays, we like to prep food for the week ahead. When you **make it convenient,** healthy eating seems completely doable."

INDOOR GARDEN

"Herbs add fresh flavor and nutrients," Ellie says. Keeping a few pots near a window with bright light is a good way to ensure you always have seasonings on hand. "I use herbs liberally, and I love to experiment with different kinds and combinations," she says. Basil and oregano are among the easiest to grow on your countertop.

GLASS ACT

For convenience, store cut veggies in glass bowls that go from refrigerator to microwave. Microwaving is one of the healthiest ways to cook vegetables, says Ellie. "The more quickly they're cooked and the less water that's used, the more nutrients they retain."

CLEAR & EASY

Use a water filtration system, such as a pitcher that filters water straight from the tap. "It removes impurities and the water tastes better than unfiltered water, so you'll likely drink more," Ellie says. You'll also feel good about not buying plastic water bottles. Our pick: Z-Pitcher, $40; *zerowater.com*

FAST GREENS

When you bring lettuce home, prepare it for use immediately: Wash it, dry it in a salad spinner, then store it in a plastic bag lined with paper towels. By having ready-to-use greens on hand, "you're more likely to make a salad or put lettuce on a sandwich when you're in a time crunch," Ellie says.

FRUIT PUNCH

Take small actions with impact. "Citrus zest adds a big citrus flavor and has a powerful antioxidant, which can help protect your skin," says Ellie. It also adds flavor to salads and other healthy foods. "I'm always looking for this magical convergence of healthy and taste."

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"By having my daughter help with food prep, I'm teaching her that **eating well matters.** It's a project we do together."

BATCH POINT

For instant portion control, keep cookie dough in the freezer and bake only one cookie sheet at a time. Ellie shapes dough into a log, rolls it in waxed paper, and stores it in a freezer bag. "When I want homemade cookies, I slice a few off the roll," she says. To make frozen dough easier to cut, run the knife under hot water. Bake frozen dough an extra two minutes.

FOR GOOD MEASURE

Use small bowls to manage individual servings of snack foods. Because of perception, "you'll feel more satisfied if you eat from a smaller bowl," Ellie says. Her healthy snack picks: fruit, nuts, and whole grain crackers.

TAKE A SHOT

For everyday cooking, Ellie favors inexpensive extra virgin olive oil. She stores it in a mister to avoid pouring too much in a pan or on vegetables. "It enables you to use a very even coat," she says. Our pick: Oil mister, $15; *williams-sonoma.com*

FIRED UP

"The ridges on a grill pan allow fat to drip off your meat so you can enjoy the health benefits and flavor of outdoor cooking inside," Ellie says. You'll find basic cast-iron options as low as $25; this enameled one by Le Creuset costs approximately $160.

Rest easy.
QVC introduces the Better Homes and Gardens Mattress Collection made by Serta.

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Better Homes and Gardens
MATTRESS COLLECTION

"Make it **harder to overeat.** Eating nuts in the shell, for example, is like having a built-in speed bump."

COUNT YOUR OUNCES

"Including 100 percent juice in your daily fruits-and-vegetables intake is fine," Ellie says, "but choose glasses that hold only 4–6 ounces so you don't overdo the calories." Unsure of the size of your glasses? Put your juice in a measuring cup, pour it in your glass, then memorize the fill line.

ONLINE ADVANTAGE

Internet access in the kitchen allows you to quickly search for healthy recipes while you're making your grocery list. For a sampling of Ellie's recipes, see *elliekrieger.com*. To join other food enthusiasts, visit our own online community at *mixingbowl.com*; search for "healthy."

SOUP ON THE SPOT

"I love to make big batches of soup on the weekends, then divide it into quart-size containers and freeze it," Ellie says. "This way I know there's always a healthy, delicious meal on hand." Her family's favorites: lentil, minestrone, and chicken noodle. (Avoid freezing soups that contain milk.)

For buying information see page 242.

We asked our mixingbowl.com community: What do you do to make sure you always eat healthy?

PLANNING AHEAD

"When vegetables and fruits are in season, I take advantage of all things that can be frozen. I even freeze leftovers; put them in microwaveable trays and you have a meal readily on hand at all times."

LAKERGIRL West Salem, Ohio

CREATIVE LEFTOVERS

"Leftover rice? Combine it with lean ground turkey, tomato sauce, and veggies to make healthy stuffed peppers or stuffed cabbage rolls. By thinking about how to reuse things in the fridge, you are more conscious of what you are putting in your body."

KLINK New York, New York

SMALL PORTIONS

"I halve everything I eat and try to keep my portions small. I usually use a small plate, which helps me not get out of hand."

SHERRIL Smithsburg, Maryland

VEGETABLE GARDEN

"I started a small garden last year and was thrilled with the results. I plan to expand it this summer to include more produce. Not only will I have access to fresh veggies and herbs during the summer, but I started canning last year and plan to can some of the produce to use during the cold-weather months."

LIZ_BROOKS Lexington, Kentucky

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A stately Victorian morphs into a warm, laid-back space with a family-hub kitchen at its center.

relaxing the rules

by PAIGE PORTER FISCHER photos REED DAVIS styling MICHAEL WALTERS

Carol and Jon Knorpp and sons Griffin and Jack, *opposite*, hang out on the front steps of their Larkspur, California, home. In the family room, orange and chocolate brown accents stand out against the light backdrop.

On any given day, Carol Knorpp has a full house. With two energetic sons, a lively labradoodle, and a pair of peppy kittens, the central hallway in her family's home sees more than a little foot traffic. You'd think that kind of commotion wouldn't belong in a historic Victorian.

But it happily abides here, because Carol and her husband, Jon, agreed on a common goal when it came to renovating their home: Keep it casual.

"Nothing makes you run from formality like a house full of boys and pets," says Carol, a remodeling designer. Jon agrees. "People generally think of Victorians as ostentatious and a bit frilly, and that's not who we are," he says. "We wanted something simple and functional and attractive."

The couple hired architect Ken Linsteadt to dissect the house and put it back together in a form more befitting a modern family, including sons Jack, 15, and Griffin, 12. First on the list was a new open kitchen that could act as a family hub. They sacrificed a large formal dining room in the back of the house to gain more space in the kitchen for a banquette, where the Knorpps now eat most of their meals. The old master bedroom became a family room, and Jon and Carol's bedroom moved upstairs into the former attic.

Bleached recycled white oak floors throughout the house lighten and unite the rooms. Linsteadt removed old doors and enlarged the doorways along the central hall, opening the spaces. The home's decorative casings are counterbalanced by more rustic touches elsewhere—such as 8-inch random-plank paneling on many of the walls and ceilings, and wooden windows with unpainted jambs. The look is a bit modern Belgian, a bit urban farmhouse.

Carol spent two years hand-picking every detail to complete that look—from light fixtures to tiles. "I always encourage my clients to push the envelope, and I had to take my own advice on this house," she says.

The former double parlor in the front of the house is now the living and dining rooms, *this photo* and *opposite*. Unconventional furnishings—a rustic concrete table, iron chandelier, and slipcovered benches and wicker chairs—keep the dining area casual.

In the living room, *opposite*, the home's original windows steal the show, but the Knorpps love a more practical element: "The light floors are still Jon's and my favorite part of the room—of the house, for that matter. They don't show a thing," says Carol.

“There’s nothing I love more than being in the kitchen, watching the boys do their homework at the banquette, with the dog and cats running circles around the island. The kitchen is our real living room.”

CAROL KNORPP

Carol didn't want to spend a lot of money on an oversize hood for her stove. When she and architect Ken Linsteadt saw a stack of reclaimed oak flooring left over from the kitchen floor, they asked the contractor if he could use it to face the metal hood insert. "It's probably one of my favorite accidental decisions," she says.

The banquette, *opposite*, is the epicenter of the Knorpps' house. "Nothing makes me happier than seeing people camped out here," says Carol. "Whoever comes into our house always ends up at the banquette. It's inevitable."

The open kitchen is centered by a large island that serves as cleanup zone and gathering spot.

try this at home

Carol has designed kitchens for years. But when making decisions for her own kitchen space, she was overwhelmed—like many of her clients—by all the options. Here are a few of her tips and tricks for getting it right.

Remember that **nothing should be too sacred in your kitchen.** “If you decide to put in stainless or marble, you have to let go. It’s going to get nicked, scratched, and stained. But once you get past the first imperfection, you can start looking forward to the real patina, which is beautiful,” she says.

Create nooks and crannies for storage. Built-ins alongside the banquette create storage for breakfast dishes, *above right*. An electrical outlet allows for a small television to be tucked away instead of occupying valuable counter space. Next to the stove is a storage cubby for a blender, *page 61*, one of the most awkward appliances to store and retrieve.

Mix industrial elements with traditional design. The lights above the island, *below left*, are quite contemporary, and special filament bulbs boost the industrial look provided by the unusually large aluminum sink and modern faucet, *below far right*.

If your kitchen is all white, try making a few of your cabinets glass-front, *opposite*. That way, you can **add personality and color on the shelf spaces.** “I went so far as to choose a glass-front refrigerator,” says Carol. “I love it. It’s always a mess. We aren’t styling our refrigerator with Perrier bottles. But it adds so much character to the kitchen, I think.”

Opt for drawers instead of cabinetry below the counters. It’s easier to keep your pots, pans, and dishes organized and within reach.

“Those boards were murder to place and paint, but they were worth it. That’s the bedroom’s unexpected element, that extra detail that really makes the space.”

New windows facing south, *right*, take in the view that convinced Jon and Carol to splurge on converting the attic into a master suite. “We anguished over that decision,” says Jon. “You couldn’t have imagined anything up here but mice. But one day we climbed a ladder and sat where our bedroom would be, and watching the sunset that night, we decided to go for it.” Horizontal square-edge paneling, *above*, gives the new space a pleasing sense of age.

For buying information see pag 242.

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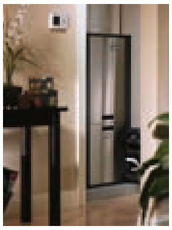

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Home expert and *Better Homes and Gardens* contributor Danny Lipford hits the airwaves each week with his Emmy-nominated television show *Today's Homeowner with Danny Lipford*.® The show features popular remodeling projects and the latest products and trends for your home. You can also catch Danny's syndicated call-in radio show, *Homefront*, each Saturday morning. Plus, hundreds of helpful home improvement articles and videos are available at Danny's website.

dannylipford.com

ENTER THE FARM RICH $1,500 SWEEPSTAKES TODAY!

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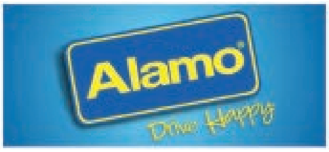
No purchase necessary to enter or win. Subject to Official Rules and entry at bhg.com/farmrich. The "Keep 'em Happy" Sweepstakes begins February 1, 2010, and ends April 30, 2010. Entries must be received by 11:59 p.m., E.T. on April 30, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per household. **Void where prohibited**. Sponsor: Meredith Corporation



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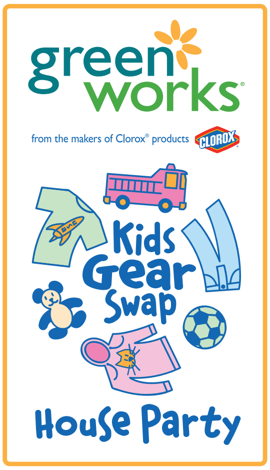

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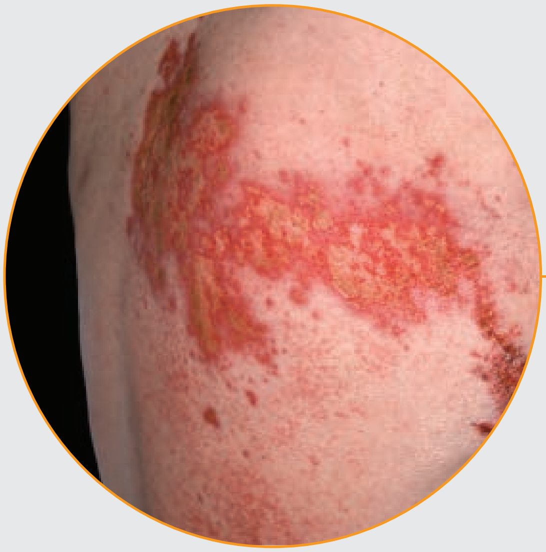

IF YOU'VE EVER HAD CHICKENPOX, YOU COULD GET SHINGLES NOW.

The chickenpox virus is still in your body. It can resurface as Shingles, a painful, blistering rash. And your chances of developing Shingles increase substantially after age 60.

ZOSTAVAX is a vaccine that can help prevent Shingles.

Once you reach age 60, the sooner you get vaccinated, the better your chances of protecting yourself. ZOSTAVAX cannot be used to treat Shingles, or the nerve pain that may follow Shingles, once you have it.

ZOSTAVAX is used to prevent Shingles in adults 60 years of age or older.

ZOSTAVAX is given as a single shot. Talk to your health care professional to see if ZOSTAVAX is right for you.

For more information, visit www.zostavax.com or call 1-877-9 SHINGLES. Please see Important Safety Information on the right-hand page.

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Having trouble paying for your Merck medicine?
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IF YOU'RE 60 OR OLDER, THE PAINFUL, BLISTERING RASH OF SHINGLES COULD BE CLOSER THAN YOU THINK.

IMPORTANT SAFETY INFORMATION

- ZOSTAVAX may not protect everyone who gets the vaccine.
- You should not get ZOSTAVAX if you are allergic to any of its ingredients, including gelatin or neomycin, have a weakened immune system, take high doses of steroids, or are pregnant or plan to become pregnant.
- Possible side effects include redness, pain, itching, swelling, warmth, or bruising at the injection site, as well as headache.
- You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.
- Before getting vaccinated, talk to your health care professional about situations you may need to avoid after getting ZOSTAVAX. Please see the Patient Product Information on the adjacent page.

Before you get Shingles, get vaccinated.

ZOSTAVAX®
Zoster Vaccine Live

9815609

Patient Information about ZOSTAVAX® (pronounced "ZOS tah vax") Generic name: Zoster Vaccine Live

You should read this summary of information about ZOSTAVAX[1] before you are vaccinated. If you have any questions about ZOSTAVAX after reading this leaflet, you should ask your health care provider. This information does not take the place of talking about ZOSTAVAX with your doctor, nurse, or other health care provider. Only your health care provider can decide if ZOSTAVAX is right for you.

What is ZOSTAVAX and how does it work?

ZOSTAVAX is a vaccine that is used for adults 60 years of age or older to prevent shingles (also known as zoster).

ZOSTAVAX contains a weakened chickenpox virus (varicella-zoster virus).

ZOSTAVAX works by helping your immune system protect you from getting shingles. If you do get shingles even though you have been vaccinated, ZOSTAVAX may help prevent the nerve pain that can follow shingles in some people.

ZOSTAVAX may not protect everyone who gets the vaccine. ZOSTAVAX cannot be used to treat shingles once you have it.

What do I need to know about shingles and the virus that causes it?

Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles. Age and problems with the immune system may increase your chances of getting shingles.

Shingles is a rash that is usually on one side of the body. The rash begins as a cluster of small red spots that often blister. The rash can be painful. Shingles rashes usually last up to 30 days and, for most people, the pain associated with the rash lessens as it heals.

Who should not get ZOSTAVAX?

You should not get ZOSTAVAX if you:

- are allergic to any of its ingredients.
- are allergic to gelatin or neomycin.
- have a weakened immune system (for example, an immune deficiency, leukemia, lymphoma, or HIV/AIDS).
- take high doses of steroids by injection or by mouth.
- are pregnant or plan to get pregnant.

You should not get ZOSTAVAX to prevent chickenpox.

Children should not get ZOSTAVAX.

How is ZOSTAVAX given?

ZOSTAVAX is given as a single dose by injection under the skin.

What should I tell my health care provider before I get ZOSTAVAX?

You should tell your health care provider if you:

- have or have had any medical problems.
- take any medicines, including nonprescription medicines, and dietary supplements.
- have any allergies, including allergies to neomycin or gelatin.
- had an allergic reaction to another vaccine.
- are pregnant or plan to become pregnant.
- are breast-feeding.

Tell your health care provider if you expect to be in close contact (including household contact) with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care provider can tell you what situations you may need to avoid.

What are the possible side effects of ZOSTAVAX?

The most common side effects that people in the clinical studies reported after receiving the vaccine include:

- redness, pain, itching, swelling, warmth, or bruising where the shot was given.
- headache.

The following additional side effects have been reported in general use with ZOSTAVAX:

- allergic reactions, which may be serious and may include difficulty in breathing or swallowing. If you have an allergic reaction, call your doctor right away.
- fever
- hives at the injection site
- joint pain
- muscle pain
- rash
- rash at the injection site
- swollen glands near the injection site (that may last a few days to a few weeks)

Tell your health care provider if you have any new or unusual symptoms after you receive ZOSTAVAX.

What are the ingredients of ZOSTAVAX?

Active Ingredient: a weakened form of the varicella-zoster virus.

Inactive Ingredients: sucrose, hydrolyzed porcine gelatin, sodium chloride, monosodium L-glutamate, sodium phosphate dibasic, potassium phosphate monobasic, potassium chloride.

What else should I know about ZOSTAVAX?

Vaccinees and their health care providers are encouraged to call (800) 986-8999 to report any exposure to ZOSTAVAX during pregnancy.

This leaflet summarizes important information about ZOSTAVAX.

If you would like more information, talk to your health care provider or visit the website at www.ZOSTAVAX.com or call 1-800-622-4477.

Rx only

Issued July 2009

Distributed by:
MERCK & CO., INC.
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Point, click, redo!

Ready to spruce up your kitchen? These five online resources will ease you into the job.

1 Measure up. Avoid flubs, like having to stand on tiptoes to reach the microwave, by learning proper heights, clearances, and distances for walkways, appliances, and more. These 20 tips for a better kitchen will help plot things out. **kitchenbathideas.com/measure**

2 See it and believe it—or at least understand it. Home improvement guru Danny Lipford's videos walk you through the basics of updating cabinets and other common kitchen projects. Tag along as he shops for cabinet hinges (it sounds simple, but if the holes don't match up you're in for a drill-and-patch job) and preps doors for paint (mixing in paint conditioner is his trick for minimizing brush strokes). **BHG.com/cabinettips**

3 **Ask a pro. Wondering how to tear out a soffit—or even what a soffit is? Type in a question about your remodeling project, and a professional at the National Association of The Remodeling Industry will get back with an answer. (To use the "Ask A Remodeling Pro" feature, you'll need to register first.) You can also search recent topics and read forums from fellow remodelers sharing their tips and dilemmas. And in case you're wondering, a soffit is that drywall "box" that fills space between the top of cabinets and the ceiling. BHG.com/askapro**

4 Be counter intelligent. Get the lowdown on laminate, granite, butcher block, and more so you can update your countertops without second-guessing your choice. This easy-to-read feature **(remodelingcenter.com/counters)** points out the pros and cons of popular surfaces and gives price points for each (did you know that concrete can damage knives?). If new cabinets are part of your plan, go to **kitchenbathideas.com/cabinetterms** to find a door style you like and learn the lingo, such as face frame, full overlay, and slab.

5 Get organized. Consider it a mini-remodeling project—a way to maximize every square inch of your kitchen. We've rounded up our favorite gadgets to help you tidy up drawers, cabinets, and countertops. Check out our storage-boosting picks and see where to buy them at BHG.com/storageboosters.

BY JODY GARLOCK

10 smart kitchen conveniences

Our pros identify products that can improve your kitchen experience—from cooking upgrades to easy cleanup.

This measuring cup doubles as a handy food scale with a digital display. And if you're concerned about precise measurements, you'll appreciate that the scale automatically converts ingredients such as flour, sugar, milk, and oil from weight to volume. Digital scale with measuring cup, $30; **taylorusa.com**

BY KIT SELZER; PHOTO: MARTY BALDWIN; CONTRIBUTORS: KATHIE KULL, KATHY BARNES, MOLLY SINNETT, SUZANNE KANTRA

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"Products that make food prep and cleanup easier top my list," says Nancy Kaiser, a kitchen designer from Madison, Wisconsin. She likes this electronic faucet, which you can turn on with a single touch. Talo faucet, starting at $770; **brizo.com**

Filled with shock-absorbing gel, this floor mat adds comfort (and color) underfoot. "It helps reduce the fatigue you can get from standing," says Danny Lipford, home improvement expert. GelPro mats, starting at $100; **gelpro.com**

"Collapsible strainers are really clever," says Indianapolis kitchen designer Janice Pattee. "They're great for saving space and staying organized." Oxo silicone colander, $30; **oxo.com**

"I recommend a very big sink (30×18 inches), because it makes cooking and cleaning so much easier."

JENNIFER GILMER, KITCHEN DESIGNER, CHEVY CHASE, MARYLAND

Today's dishwashers offer custom cleaning for common problems: sprays that target specific areas, steam for removing residue from glassware, and quick-wash options. Jetclean dishwasher with Silverware Blast, starting at $500; **maytag.com**

Nothing sticks to this baking mat, made of fiberglass mesh and silicone. "The Silpat is an extraordinary thing," says Atlanta-area chef Scott Peacock. He recommends using two: one for baking cookies and other sweets, and one for roasting vegetables and fish. Silpat, starting at $20; **silpat.com**

Kitchen designer Janice Pattee says she can't live without a bowl with a rubber-ring base. "When I use my hand mixer, it's like having a third hand because the no-slip bottom keeps it in place." Melamine bowls, set of four, $38; **williams-sonoma.com**

An island with casters adds instant function. "You can wheel it around to where you need it—whether you're cutting vegetables or the kids are doing homework," says Boulder kitchen designer Diane White Ebeling. Förhöja kitchen cart, $100; **ikea.com**

Magnetic induction—which heats a pan instantly but leaves a cool burner when you lift the pan—is "a total game changer," says kitchen designer Richard Landon of Bellevue, Washington. "It's electric, but it gives you the control and instant heat of gas." 30-inch induction range, $2,000; **samsungusa.com**

"A portable plug-in burner is a good way to test the ease of induction. It's like expanding your cooktop with a countertop appliance."

LYNN BLANCHARD,
BHG TEST KITCHEN DIRECTOR

Infinite burner, $250; **circulon.com**

Save time with an electronic gadget that compiles your shopping list for you. Just say what you need and, using voice recognition technology, it will record and organize your items, then print a list you can take to the store. Grocery list organizer, $100; **smartshopperusa.com**

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by **GREG COOK**

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WHEN SHOPPING FOR A REFRIGERATOR OR DISHWASHER, THE ENERGY STAR LABEL HELPS NARROW THE FIELD.

The U.S. government is going all out right now to give you good reasons to buy energy-efficient appliances through its Energy Star designation. A joint program of the U.S. Department of Energy and the U.S. Environmental Protection Agency, Energy Star identifies and promotes energy-efficient products, including kitchen appliances. So why should you climb on board now?

- You need a new appliance, and the government, as well as some manufacturers and utilities, are offering rebates; see *page 78*.
- You'd rather not throw away money every day by operating inefficient appliances.
- You're intrigued by the special features new appliances offer but want to make sure you're getting a good deal.
- You can feel good about going green every time you reach for the milk and a clean glass.

What does it mean to choose an Energy Star-qualified appliance? Refrigerators are required to use 20 percent less energy than other models. Dishwashers must use 31 percent less electricity and 33 percent less water than other models. (No ranges, ovens, or microwaves are Energy Star-qualified.) You'll experience lower utility costs by buying an appliance that's Energy Star-qualified over one that's not, but the real savings come from replacing a unit that's more than 15 years old.

Need more convincing? Turn the page.

PHOTO: MARTY BALDWIN. REFRIGERATOR: COURTESY OF LOWE'S

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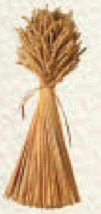
PLOT TO SAVE THE EARTH?

TO THINK BIG, SOMETIMES YOU HAVE TO START SMALL.

It's happening – one step at a time, as we speak. A handful of farms in Idaho are turning ordinary wheat fields into something of a movement.



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It's an innovative form of sustainable farming that's making Mother Nature proud. The crop is Eco-Grain™ wheat. And now it's being grown for EarthGrains® bread.

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Today, 20% of the flour in each delicious loaf comes from Eco-Grain™ wheat, but that percentage will increase as we encourage more farmers to farm this way.

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We're pretty sure that once you try EarthGrains® 100% Natural 24 oz. breads, you'll tell all your friends about them. Actually, we're sort of counting on it – otherwise, our whole sustainable plot idea goes kablooey. With your support, these new sustainable farming practices could expand beyond Idaho. They might even help change the way America farms.

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So, next time you're in the bread aisle, remember that EarthGrains® bread is the first and only bread that's part of a movement that you might want to be a part of. It's simple to join – all you have to do is buy a loaf. There are no secret handshakes and you can keep your real name. Maybe it's not really a plot after all, but just something nice to do for the earth – and for yourself.

Try EarthGrains® and join the Eco-Grain™ movement at **earthgrains.com**

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DID YOU KNOW?

the truth about savings

MYTH Energy Star-qualified appliances are more expensive than other appliances.

FACT Not necessarily; it depends on the appliance. Features and finish are the most influential price factors for appliances overall. That said, the initial purchase price of an Energy Star-qualified appliance could be higher than a comparable appliance that doesn't qualify for the Energy Star program. But when you factor in rebates available only for Energy Star-qualified appliances, your purchase price essentially drops. Keep in mind you'll find appliances with the Energy Star designation at multiple price levels, so you should be able to choose one that fits your budget.

MYTH It's impossible to recoup the cost of Energy Star appliances in energy savings.

FACT Not true. If you replace a dishwasher made before 1994 with an Energy Star-qualified model, you can save $400 in energy bills over 10 years. And if your refrigerator was made before 1993, replacing it with a new Energy Star-qualified model could cut the electricity costs of that appliance in half.

MYTH There seem to be so many Energy Star-qualified appliances that maybe the standards aren't really that high.

FACT First, be sure you don't confuse the blue Energy Star label with the yellow Energy Guide label, *below*, which is required by law on *all* refrigerators, dishwashers, and many other appliances; that's why these tags seem to be everywhere. Second, it is true that as manufacturers have increased the energy efficiency of their products, more qualify for the Energy Star label. To keep the label meaningful, program criteria are regularly reevaluated and standards are made more stringent. The goal is to recognize products that offer payback in a reasonable period of time and provide the same, if not better, performance.

30 The number of years appliances have been sold with the Energy Guide label, which indicates energy use and operating cost. If a product is also Energy Star-qualified, the logo will appear on this label.

WHY BUY NOW

CASH FOR APPLIANCES

You may be able to trade in your old-but-still-running refrigerator or dishwasher and buy a new Energy Star-qualified model to get $50 to $250 from a new state appliance rebate program. The money funnels to individual consumers from the federal government's American Recovery and Reinvestment Act of 2009 through state energy offices. Like last year's Cash for Clunkers rebates, this program will last only as long as the money holds out. Each state has its own rules for what type of products qualify and its own purchasing time frame. For state-by-state details, visit the Department of Energy's Web site, *energysavers.gov*, and search for "Energy Star rebates."

In addition, you may be eligible for rebates offered by manufacturers, local utilities, and retailers. Home Depot, Lowe's, and Sears are all planning special promotions in certain states to coincide with the federal rebate program, reducing prices even further and making 2010 a prime time to buy an Energy Star-qualified appliance.

Do your research before you hit the stores. To see special offers and rebates currently offered by Energy Star partners, go to *energystar.gov* and search for "rebate finder." To find a list of retailers of Energy Star-qualified products in your area and the categories of products they carry, use *energystar.gov/storelocator*.

PHOTOS: (SHOPPERS) GREG SCHEIDEMANN; (TAG) MARTY BALDWIN

This father-daughter dance isn't a piece of cake if you have Diabetic Nerve Pain.

*Nerves damaged by diabetes can send too many signals that cause pain.**

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Unlike some common over-the-counter pain relievers, Lyrica is FDA approved specifically to treat the **shooting, stabbing, burning sensations** of diabetic nerve pain. Lyrica is believed to help calm the damaged nerves† and help ease this pain – so an important moment can become a wonderful memory.

Ask your doctor if Lyrica can help you.

*Diagram is illustrative of diabetic nerve pain.
† Exact mechanism of action and relevance to humans are unknown as studies were conducted on animal models.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN CV capsules (LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions.
Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See “Important Safety Information About LYRICA.”
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling “high”

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don’t:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

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Version April 2009

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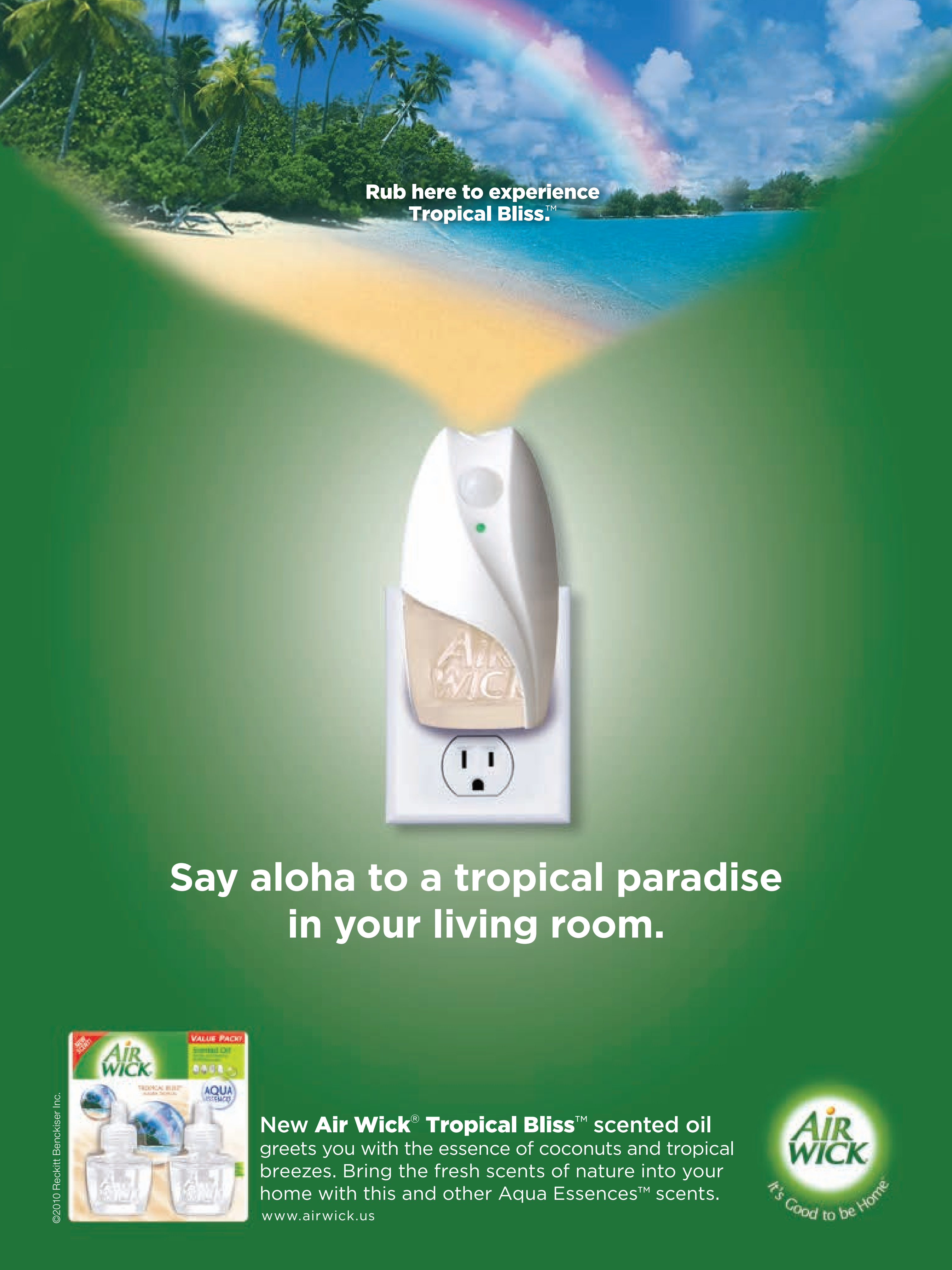

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It's Good to be Home
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Dear Doctor,

I have bumps on my arms and body and I don't know why. My boyfriend thinks I'm cold and he's always trying to keep me warm, which okay, I enjoy, but I do not like constantly looking as if I have goose bumps. How can I get rid of my bumps and still keep my boyfriend?

Signed,
Brrrr not!

Dear Brrrr not,

You may have keratosis pilaris. Also called KP or "chicken skin bumps," this problem affects one out of every two people. KP Duty Dermatologist Moisturizing Therapy for Dry Skin is clinically proven to help improve the appearance of this condition. It works to exfoliate dry, crusty bumps while moisturizing skin and reducing the appearance of those pesky red polka dots! Skin is left feeling soft, smooth and boyfriend worthy. For best results, use it with KP Duty Body Scrub with Chemical + Physical Medi-Exfoliation.

Yours smoothly,

Audrey Kunin, M.D.
Founder of DERMAdoctor

DERMAdoctor®
just what the skin doctor ordered®

Available at Sephora, Ulta, dermadoctor.com or 877-DERMADR.

in the mix

A casual kitchen-dining-living room combo throws together family and friends, food and fun.

by KATHY BARNES photos KING AU produced by KIMBERLY CLARKE and SANDRA MOHLMANN

Carro Gardner set the cooktop in the island of her Louisiana kitchen so she can chat with her kids while she cooks, whether they're perched on barstools or in the adjacent living or dining areas.

Carro Gardner stands at her Louisiana kitchen island, slinging pancakes for her three teenagers. One plays on a laptop, one sprawls on the sofa, and another watches alligators glide by on the bayou just outside the screen porch. The family's three dogs laze underfoot.

"Life is casual here," says Carro, who imagined this 625-square-foot room as one part kitchen, one part dining area, and one part family lounge. "There's enough space for the kids to do their own thing while still being part of the conversation," she says.

While the open floor plan brings the family together, it's the blend of finishes that makes it the room where everybody wants to hang out. Exposed wood beams and wide-plank paneling warm up the high-ceilinged space. Soft shades of green on the cabinets, fireplace surround, and checkered plywood floor reference cypress and oak trees outside.

"It doesn't matter how many people are in the house," Carro says. "If they're here, they're in the kitchen. This is where the family is."

Concrete countertops work hard and look good in an out-in-the-open kitchen. Carro had them stained a light dove gray.

Following one of the latest trends in home design, the Gardners gave up a formal living room in favor of this all-in-one kitchen-and-living space. Muted colors inspired by nature help the sitting, dining, and cooking areas blend.

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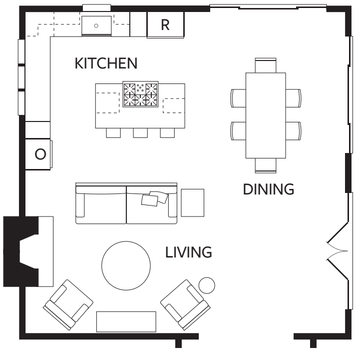
“It’s all about being able to talk. We sit at the dining table and the island and talk, talk, talk.”

CARRO GARDNER



Good looks and practicality are equal partners in Carro’s decorating choices. All the furniture is slipcovered in durable fabric, and the armchairs swivel for views of the fireplace, TV, or kitchen.

try this at home **In an open room, use furniture and rugs to create zones. Here, the sofa separates the kitchen and living area.**

320
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"A kitchen that does more than cook allows us to be **together more as a family.**"

A big coffee table for parking laptops, floor pillows for flopping, and a flat-screen TV make the living room the hangout of choice for Cheney, 16 (left), Russell, 14, and AnnaLee, 13.

The Gardners' solution for a low-cost, low-maintenance floor: large painted plywood squares laid in a checkerboard pattern. Using two similar colors, both beiges, keeps the look serene.

try this at home Paint is a quick way to refresh a worn wood floor. For the most durable finish on a painted wood floor, home improvement expert Danny Lipford recommends using an oil-based porch and deck enamel.

For buying information see page 242.

Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

7:00 AM
Took Vyvanse & packed my lunch for school.

12:00 PM
Paid attention during class.

5:00 PM
Focused on my lesson.

8:00 PM
Worked on a puzzle before bed.

CONSISTENTLY
Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking.

Ask the doctor about Vyvanse.
1-866-630-1283, vyvanse.com

IMPORTANT SAFETY INFORMATION
Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your healthcare provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

Shire...your ADHD Support Company™ ©2009 Shire US Inc. VYV-00659 07/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 05/2009 VYV-01080

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THE EMERALD ISLE HOSTA COLLECTION

We've hand-picked a few of our favorite *Hosta* varieties especially for our readers. Selected for their textures and colors, the plants in the Emerald Isle Collection are guaranteed to make a lovely long-lasting, carefree shade garden in your yard.

Our lush collection includes four varieties, (five plants of each) to cover 55–60 square feet. Plants are vigorous and will take hold quickly. Each variety is labeled; 20 bare-root plants total. Full instructions for planting and care included. Economically priced at **$75,** plus shipping.

HOSTA 'APHRODITE'

We are pleased to introduce to our readers the new fragrant hosta 'Aphrodite'.

Large, pure-white blooms appear over apple-green foliage. The huge, intensely perfumed double flowers measure 5–6 inches. You'll want to plant this show-stopper along a lightly shaded path where you can take in the heady aroma. Each Aphrodite ships in a 1-gallon pot and sells for **$19.95.**

TO ORDER EITHER THE EMERALD ISLE HOSTA COLLECTION (ITEM #MM083150) OR HOSTA 'APHRODITE' (ITEM #MM031584) call White Flower Farm, **800/420-2852,** or visit **readershopping.com.** Order early; quantities are limited. Sorry, we are unable to ship to APO/FPO addresses, or addresses outside the contiguous United States.

Are your child's ADHD symptoms controlled after the last school bell?

Visit vyvanse.com to save $50 off your first prescription.

Restrictions may apply.

Please see Important Safety Information and Brief Summary of Full Prescribing Information on adjacent pages.

CONSISTENTLY Vyvanse™ CII (lisdexamfetamine dimesylate) capsules

VYV-01350 12/09

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So thoughtfully prepared. So deliciously nutritious. With tender pieces made with real chicken—and crunchy bites garnished with vegetables. Chef Michael's canine creations. A perfect way to serve up your love at mealtime.
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outdoors

IN THE GARDEN

GRAPE HYACINTH HERALDS THE ARRIVAL OF SPRING WITH BRILLIANT BLUE FLOWERS.

Spring Garden

Find ways to make yours bloom earlier and longer. Tuck vegetables into flowerbeds. Rethink your backyard. Plan now—because it's almost here.

spring times

Sweet woodruff spills onto the path, *left*, that encircles Barbara Mundall's house. A mass of grape hyacinth, *below*, jump-starts the spring display. Once the purple blooms fade, other plants will take their turn.

Early-season flowers in a woodland are among the most fleeting garden treats. An Oregon gardener learns that a diversity of plants makes spring last longer.

by PATRICE PELTIER photos LAURIE BLACK produced by BARBARA MUNDALL

When spring arrives in Barbara Mundall's woodland garden, there's no place on Earth she'd rather be. After the ground thaws and before the forest canopy covers the ground in shade, columbines, bleeding hearts, and daffodils push through a carpet of sweet woodruff, whose chartreuse foliage and tiny white blossoms weave through the forest floor.

Spring woodland bloomers are as ephemeral as they are exhilarating. As a result, "One of the most difficult challenges woodland gardeners face is getting the garden to look good for more than one moment in time," says Barbara, a *Better Homes and Gardens* field editor.

Her solution—a valuable lesson for all gardeners—is to cultivate a diversity of plants, including species that bloom later and sport attractive, long-lasting foliage. As the earliest plants finish blooming or die back in Barbara's garden, ferns unfurl and hostas begin to poke their shoots through the soil. Then rhododendrons, peonies, and hydrangeas add a season-long succession of blooms, ensuring that when spring finally arrives, it will be in no hurry to leave.

“I LIKE MY PLANTS PACKED SO TIGHT THERE’S NO GROUND SHOWING. I DON’T WANT TO SEE A SPECK OF DIRT ANYWHERE.” BARBARA MUNDALL

Japanese maples flank the entry to the interior courtyard, *left*. Craftsman-inspired fencing offers glimpses of the garden while keeping deer at bay. Hellebore, painted fern, and sweet woodruff, *above*, compose a boisterous display.

"A WOODLAND GARDEN IS MOST GLORIOUS IN THE SOFT LIGHT OF EARLY MORNING OR LATE AFTERNOON." BARBARA MUNDALL

Succession plan Barbara Mundall fills her garden with plants that take turns strutting their stuff, rather than jostling for the spotlight all at once. She values form as much as color; ferns are her favorite source of the former. *Below, clockwise from top left:*

hosta & rhododendron Here, rhododendrons and 'Bridal Veil' daffodils are the first act. After the blooms fade, the hosta provides robust foliage and, eventually, summer flowers.

fern & columbine Columbine tints the forest floor with violet and blue. Post-bloom, the mounds of foliage continue to contrast texturally with lacy ferns.

tulip & autumn fern Purple tulips are "so gorgeous with autumn ferns," Barbara says. For season-long appeal, this fern (*Dryopteris erythrosora*) is one of her favorite woodland plants.

bugloss & lady fern Conspicuously veined leaves of blue-flowered bugloss (*Brunnera*) echo the dark stems of eared lady fern (*Athyrium otophorum*) fronds. After flowering, the foliage of this group continues to shine.

For buying information see page 242.

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Introducing the new LYSOL® No-Touch Hand Soap System.
A revolutionary way to help stop the spread of bacteria. It automatically senses your hands and dispenses soap that kills 99.9% of bacteria. Plus, it's enriched with moisturizing ingredients. All to help keep your hands healthy.
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KOHLRABI WITH PETUNIAS AND PHLOX

mixed greens

Tuck attractive edibles into your flowerbeds, and your garden will become a feast for the eyes as well as the palate.

by ERIC LISKEY

PHOTO: BLAINE MOATS

'SWEET PICKLE' PEPPER WITH *RUDBECKIA*

If you have no space—or time—for a vegetable garden,

you can still enjoy home-grown produce. All you need is a bit of room in your flowerbeds to insert a few plants. To prove the point, we grew vegetables and herbs in the ornamental beds of our Better Homes and Gardens Test Garden®, with delicious results. "I got more comments about the vegetables growing in our beds than just about anything else we did this year," says Test Garden manager Sandra Gerdes. "People just loved the idea."

Most vegetables thrive with the same care you give to flowering annuals, so this strategy simply requires that you care for your beds as you normally would. In many cases, a few plants will produce more than enough for the table—beauty that's literally good enough to eat.

Many vegetables and herbs can complement the looks of your garden, too, explains Sandra. "Sage, basil, red and spotted lettuces, and chard are great additions to beds." And, she says, "Colorful fruits are just as good as flowers for accents in a border. Peppers and eggplant are especially beautiful." With supports, taller vegetables such as beans and tomatoes add tall accents.

PHOTOS: (LETTUCE) MARTY BLADWIN; (ALL OTHERS) BLAINE MOATS

TOMATO WITH MARIGOLD

LETTUCE WITH PANSIES

PEPPERS

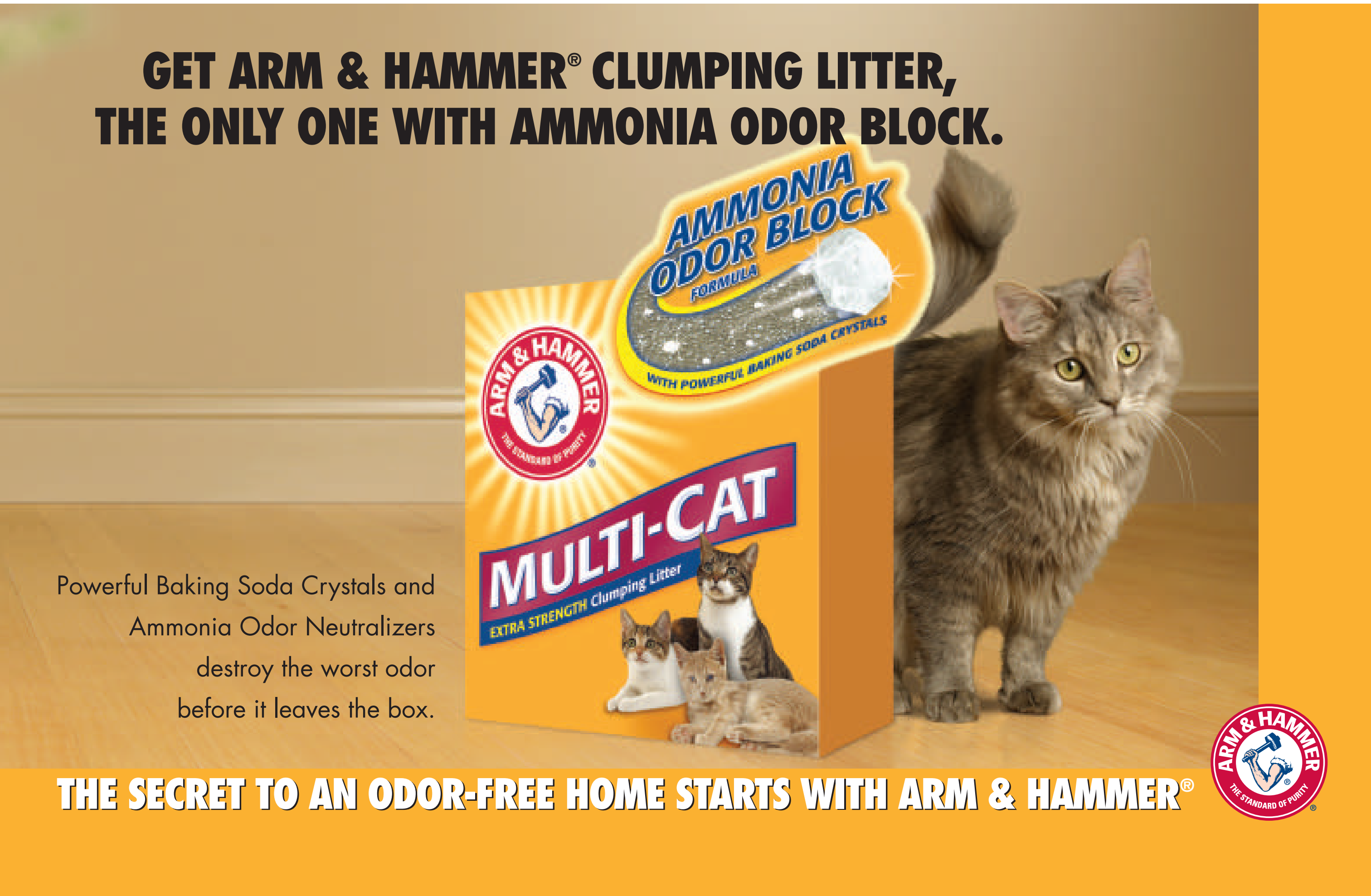
Peppers are striking accents in summer beds. Grow types with fruit that are colorful before they ripen, such as 'Sweet Pickle', *opposite page*.

TOMATOES

For more compact tomatoes, grow container varieties. Use annual flowers, *middle*, to disguise the naked lower stems of taller varieties.

GREENS

Lettuce and other greens thrive in spring and mix beautifully with cool-season annuals such as pansies, *left*. Rabbits love them, so you may need to treat with a repellent.



'BRIGHT LIGHTS' CHARD WITH PANSIES AND PURPLE CONEFLOWER

Tips from our garden

BHG Test Garden manager Sandra Gerdes, who grew most of the vegetables for this story, offers some practical advice.

LET THE SUN SHINE
"Veggies and herbs produce best in full sun, so keep them out of your shady borders. They also like good drainage and regular feeding."

SHOP CATALOGS
"Many ornamental—and delicious—vegetable varieties are found only in seed catalogs."

USE THE SEASONS
"Grow spring vegetables such as lettuce where you plan to put summer annuals later." Harvest in May or June, then plant the annuals.

For buying information see page 242.

"I got more comments about the vegetables growing in our beds than just about anything else we did this year. People just loved the idea."

SANDRA GERDES, BHG TEST GARDEN MANAGER

PHOTOS: (CHARD) BLAINE MOATS; (PORTRAIT) KRITSADA

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pansy power

Pansies relish the cool of both spring and fall, making them a prime source of lively color when gardens need it the most.

by ERIC LISKEY photos PETE KRUMHARDT

SPRING FLING Pansies and violas pair nicely with bulbs, such as grape hyacinth, *here*. Plant them in fall when you dig in your bulbs, and they'll bloom together in spring for a vivid display.

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INSPIRE PURPLE AND WHITE

Pansies and violas

Viola hybrids

ANNUAL OR BIENNIAL, PLANT IN SPRING OR FALL

WATER

HEIGHT
4–8"

SUN

Pansies may be the most versatile garden annuals.

Few others can match the array of colors and patterns of these cheerful plants. Add in their ability to thrive in chilly weather and do equally well in beds and containers, and you can see why they are among the most useful, and loved, flowers.

Pansies share the genus *Viola* with Johnny jumpups and related hybrids, which are usually labeled simply "viola." These hybrids have smaller flowers but perform similarly in the garden.

In spring, you can plant pansies well before the last frost for early flowers. In fall, plant in September while days are still warm, and you'll enjoy color into November, if not longer. Then let them overwinter. Well-established plants can survive even in Zones 4 and 5, and will bloom all winter in Zones 8–10.

Whether fall- or spring-planted, pansies reach a spectacular flower peak in late spring. Then they'll become leggy in the first heat of early summer, just in time for you to remove and replace them with heat-loving summer annuals such as impatiens, coleus, and begonia.

POTTED PLEASURES
Pansies bring a jolt of vibrant color to spring pots. Make sure containers get regular water, even in cool weather.

ON THE EDGE
Pansies and violas are small, so plant them along bed and walkway edges, where their vivid colors can be seen. For greater impact, grow them in masses or tight groups of one or two colors, rather than a mix of several.

COLORFUL FOOD
Though not very flavorful, pansy flowers are edible. Use fresh blooms to add color to salads or to garnish a plate. Don't use pest controls on pansies you intend to eat.

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A few of our favorites

Pansy know-how

SHOPPING
Pansy plants should be compact and dark green. Avoid faded, stretched-out plants, even if they're on clearance. In fall, buy early—September or early October—because plants established later than this may not overwinter successfully.

GROWING
Pansies are undemanding annuals, rarely experiencing pest or disease problems. They'll thrive in average garden soil with full sun and ample moisture. To ensure consistent flowering, scratch slow-release fertilizer into the soil and remove spent flowers, *above*. Overwintered pansies can sometimes attract hungry rabbits, so use a repellent spray if necessary.

For buying information see page 242.

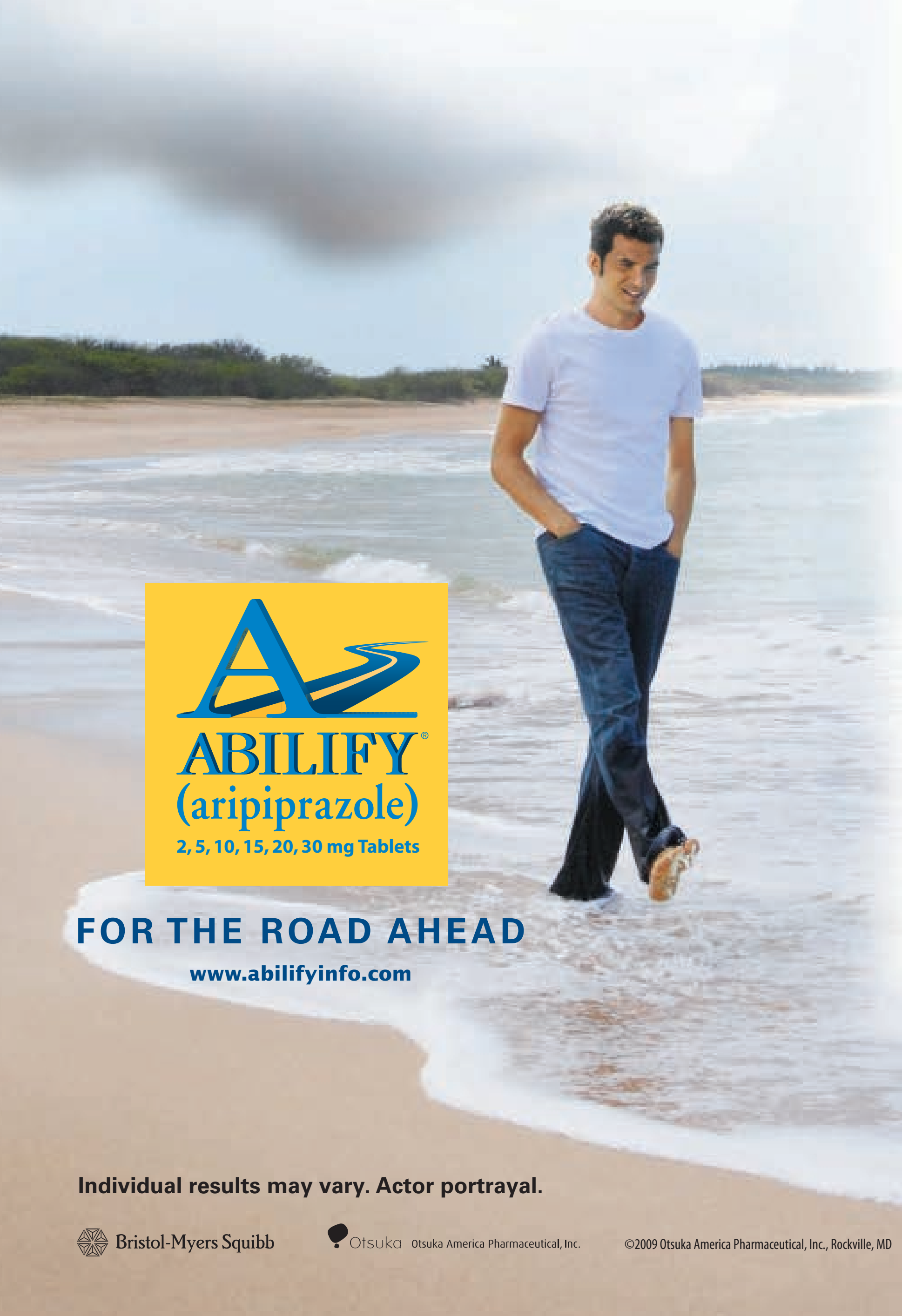
B I P O L A R   D I S O R D E R ?

GETTING HELP MANAGING MY SYMPTOMS WAS A WAY TO MOVE FORWARD.

Maybe ABILIFY can help you.

ABILIFY (aripiprazole) is clinically proven to help control the symptoms of manic and mixed episodes of Bipolar I Disorder in adults and in pediatric patients 10 to 17 years of age. It is one of many treatment options.

Hundreds of thousands of adult patients have been prescribed ABILIFY. Ask your healthcare professional if once-a-day ABILIFY is right for you.



ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

FOR THE ROAD AHEAD

www.abilifyinfo.com

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (for example, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

Most common side effects ($\geq$10%) from all clinical trials involving adults or pediatric patients include:

- **ADULTS:** Nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, insomnia, and restlessness
- **PEDIATRIC PATIENTS (6 to 17 years):** Sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight

Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

Partnership for Prescription Assistance

Individual results may vary. Actor portrayal.

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570US09AB29410   December 2009   0309A-2857   Printed in USA

ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ĭ-fī) (aripiprazole) (air-r ĭ-PIP-ra-zall)

What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used alone or with lithium or divalproex to treat manic or mixed episodes of Bipolar I Disorder in adults or pediatric patients (10 to 17 years).

What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Be sure to tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or over-the-counter medicines, vitamins, or herbal products
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

Common side effects in pediatric patients (6 to 17 years) include: sleepiness, headache, vomiting, extrapyramidal disorder (for example, uncontrolled movement disorders or muscle disturbances such as restlessness, tremors and muscle stiffness), tiredness, increased appetite, insomnia, nausea, stuffy nose/sore throat, and increased weight.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY (aripiprazole) due to side effects?

The percentage of adults who discontinued taking ABILIFY due to side effects compared to those treated with sugar pill was 11% and 10% in clinical trials of ABILIFY used alone and 12% and 6% in a clinical trial of ABILIFY used with lithium or divalproex.

In clinical trials, the percentage of pediatric patients (10 to 17 years) who discontinued taking ABILIFY due to side effects was 7% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at
www.abilify.com/bipolardisorder

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 11/09 1239550A7.

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Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.

Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.

U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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570US08CBS01904 0309L-2755 D6-B0001D-11-09-BD November 2009

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the butterfly bush

Enjoy a garden of beautiful butterflies.

This new deer-resistant bush is the first in an easy-care series of miniature butterfly bushes developed at North Carolina State University.

Lo and Behold™ 'Blue Chip' grows 2–3 feet tall and provides continuous flowering. Its dwarf size makes it an excellent choice for small gardens and containers or as a ground cover—it fits anywhere!

This is a hardy plant. Besides being deer resistant, it's drought and heat tolerant.

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TO ORDER *BUDDLEIA* 'BLUE CHIP', item **MM060723** for **$22.95** plus shipping, call White Flower Farm, **800/420-2852,** or visit **readershopping.com.** Ships in a 1-gallon pot from mid-April through June. Sorry, we are unable to ship to APO/FPO addresses, Oregon, Washington, or addresses outside the contiguous United States.

Legal Notice

If You Purchased Certain Vitamin Products between 1988 and 2000

Your Rights May Be Affected By A Class Action Settlement

There is a Proposed Settlement of a class action lawsuit regarding the indirect purchase of certain Vitamin Products. The lawsuit is called *Richardson, et al. v. Akzo Nobel Inc. et al.*, No. 99-197, pending in the U.S. District Court for the District of Columbia.

What Is the Class Action Lawsuit About?

The lawsuit claims that the Settling Defendants injured Class Members through a price-fixing conspiracy that raised prices for indirect purchases of certain Vitamin Products, even if the indirect purchases were of food products including Vitamin Products as an ingredient or as a part of animal feed. The settlement is on behalf of "indirect" purchasers of Vitamin Products, i.e., purchasers who purchased from persons or entities other than Settling Defendants or their co-conspirators.

Settling Defendants deny these claims. A list of the Settling Defendants is in the *Notice of Proposed Class Action Settlement* available below ("*Notice*").

What Are Vitamin Products?

Vitamin Products are: vitamin A, astaxanthin, vitamin B1 (thiamin), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B4 (choline chloride), vitamin B5 (calpan), vitamin B6, vitamin B9 (folic acid), vitamin B12 (cyanocobalamine pharma), beta-carotene, vitamin C, canthaxanthin, vitamin E, and vitamin H (biotin), as well as all blends and forms of these vitamins. Also included is Premix, which is a product that contains one or more Vitamin Products in combination with other substances.

Who Is A Class Member?

The Consumer Settlement Class includes:

All persons who a) reside in a Settling State; and b) indirectly purchased Vitamin Products for use or consumption and not for resale from within one or more Settling States at any time during the "Relevant Period" defined in the *Notice* (for most Vitamin Products, January 1, 1990 through December 31, 1999).

The Commercial Settlement Class includes:

All persons or entities that made any Qualifying Purchases at any time during the Relevant Period. Qualifying Purchases, the Relevant Period, and certain exclusions are defined in the *Notice*.

The Settling States are Arizona, District of Columbia, Florida, Hawaii, Idaho, Illinois, Kansas, Maine, Michigan, Minnesota, Nevada, New Mexico, New York, North Carolina, North Dakota, Puerto Rico, Rhode Island, South Dakota, Tennessee, Vermont, Washington, West Virginia and Wisconsin.

What Does the Proposed Settlement Provide?

The Settling Defendants have agreed to pay $25.03 million. Commercial Class Members may file a claim against their portion of the fund postmarked by **April 19, 2010**. Due to the large size of the Consumer Settlement Class, its portion of the fund will be distributed to charitable organizations and other eligible entities approved by the Court.

Who Represents Me?

The Court has appointed Class Counsel. Although not necessary, you may hire your own attorney at your own expense. Class Counsel will request, subject to Court approval, a) fees to be paid by Defendants over and above the Settlement Funds and b) expenses to be paid from the Settlement Funds. The Attorneys General of the Settling States are also parties to the action on behalf of indirect purchasers in their respective jurisdictions.

What Are My Legal Rights?

- If you wish to stay in either of the Classes, you do not need to take an action.
- If you do not want to be legally bound by the Proposed Settlement, you must exclude yourself in writing. Your letter must be postmarked by **April 19, 2010** as outlined in the *Notice*.
- If you remain in either of the Classes, you may object to any aspect of the Proposed Settlement. Your written objection must be postmarked by **April 19, 2010**, filed and mailed as outlined in the *Notice*. You also may request in writing to appear at the Final Fairness Hearing.

Will the Court Approve the Proposed Settlement?

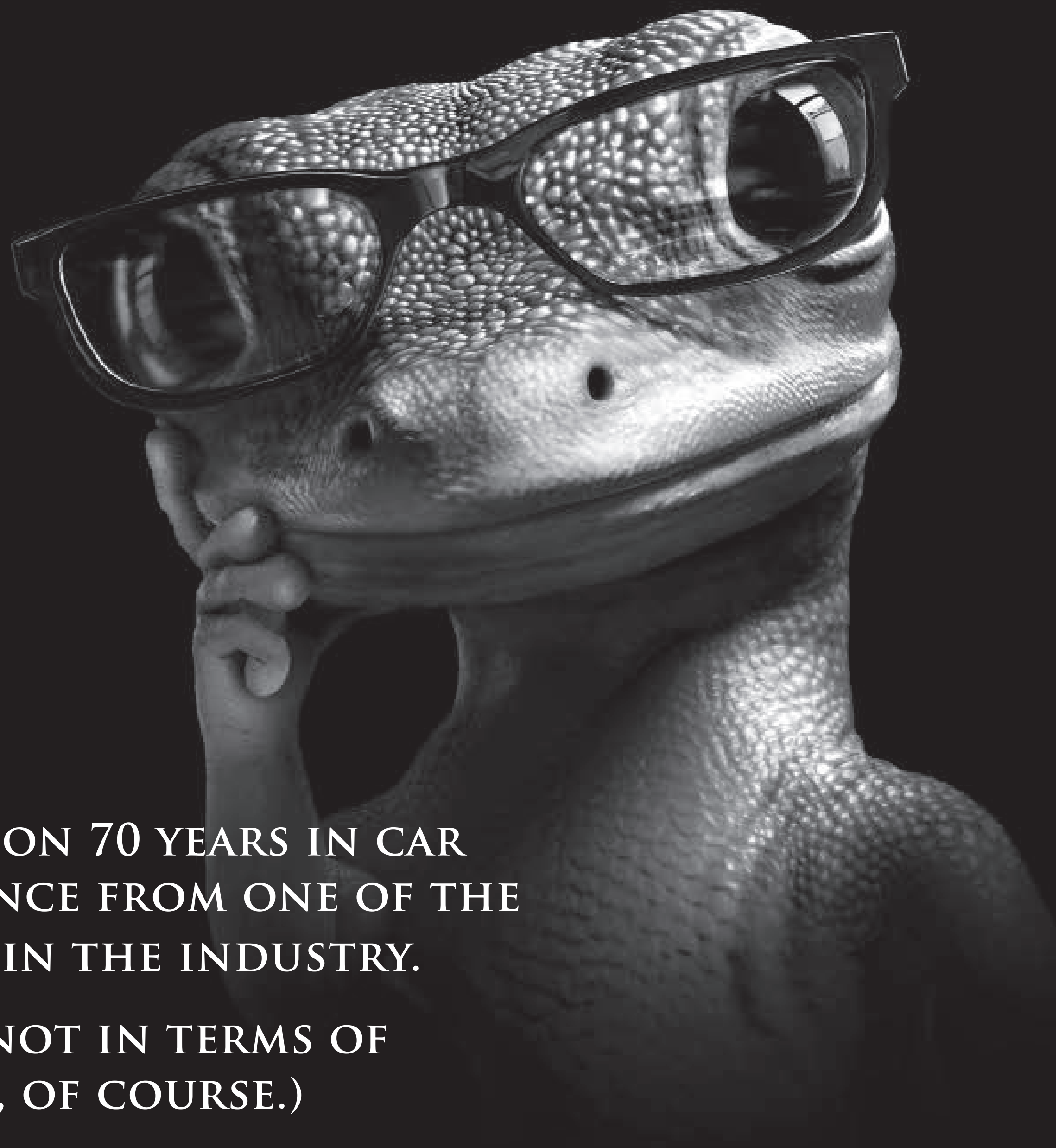
The Court will hold a Final Fairness Hearing currently scheduled for **June 18, 2010** to consider whether the Proposed Settlement is fair, reasonable, and adequate. If objections have been received, the Court will consider them at this time.

Further Information

For a *Notice of Proposed Class Action Settlement* and a claim form:

Call 1-866-324-0058 Visit: www.IndirectVitaminsSettlement.com,

Or Write: Vitamins Settlement Administrator, c/o The Garden City Group, P.O. Box 9258 Dublin, Ohio, 43017-4658



A NOTE ON 70 YEARS IN CAR INSURANCE FROM ONE OF THE GIANTS IN THE INDUSTRY.

(WELL, NOT IN TERMS OF HEIGHT, OF COURSE.)

What the Gecko lacks in stature he certainly makes up for in ability. In fact, under the ownership of Warren Buffett's Berkshire Hathaway Inc., he's helped GEICO rise to become the nation's third-largest car insurance company. Of course, the fact that GEICO has been helping people save money on car insurance for over 70 years hasn't hurt either. And when it comes to financial security, GEICO is consistently ranked "excellent" or better by independent experts. But even though it's not common practice to have geckos in the highest levels of business, this one inspired three million drivers to switch to GEICO last year (and never missed a day of work). Perhaps proving that you can be both big and small at the same time.

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open invitation

A small backyard with big personality bids family and friends to come out and play.

by KAREN WEIR-JIMERSON photos ED GOHLICH
produced by ANDREA CAUGHEY

Kyme Chiapuzio loves to entertain. Although her Mission-style bungalow in Corona del Mar, California, offers plenty of living space for Kyme, husband Tony, and daughter Chelsea, large indoor gatherings can be cramped. With their kitchen-equipped backyard, however, the Chiapuzios can throw a party by simply sliding open the back doors and inviting everyone outside.

"Tony loves to grill," Kyme says. But the original backyard layout had Tony barbecuing with his back to the party. "We needed to rethink the design," she says. Plus, they wanted a plan that stylistically synced with their house. "A goal of the new backyard was to incorporate traditional elements of Mission style—fire, water, earth, and air," says Kyme. Their new, improved backyard features all that and more: a fire pit, fountain, planting beds, plenty of entertaining area, and a food prep station.

An L-shape concrete bar is packed with space-saving, built-in kitchen appliances so Tony can grill and still be part of the action. The dining set's position next to the bar lets food go straight from grill to table. The cushion-clad couch lets guests relax before and after eating.

The bar and couch are made of poured-in-place concrete. But, with no plans to move, Kyme wasn't reluctant to commit to their permanence. "We love the house, and we love the view," she says. And with space to entertain 16 to 18 guests, she can indulge her love of entertaining as well.

LET'S PARTY
A bar, couch, and dining set give guests plenty of space to eat and socialize without having to retreat indoors.

"We're out here during the day, reading magazines and chilling to the music. In the evening, everyone gets cozy around the fire pit."

KYME CHIAPUZIO

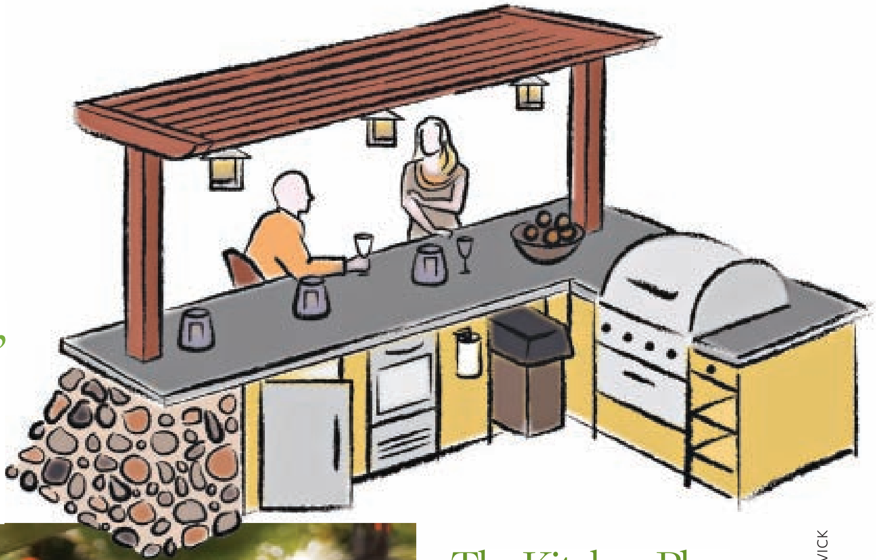

ILLUSTRATION: NATE PADAVICK

The Kitchen Plan

The Chiapuzios wanted a functional, complete outdoor kitchen, not just a place to cook meat. Designer Chris Fenmore of Garden Studio Design, Newport Beach, California, helped the family design a hardworking space.

GRILL The smoke and heat of a grill can be unpleasant for guests sitting at a bar socializing with the chef. So Fenmore suggested placing the grill at the end of the L-shape bar, at a 90-degree angle to the main counter. This takes it out of the center of festivities but still lets the chef visit while cooking.

COUNTERTOP Concrete is a practical surface, requiring only yearly waxing to maintain a low luster. Fenmore likes a gray color because it disguises dirt. Also, "It fits an outdoor setting," she says. "Granite and tile look like they belong indoors."

APPLIANCES The kitchen is equipped with under-the-counter appliances, *above*, including a refrigerator, icemaker, trash collector, warming and utility drawers, and a grill. Fenmore suggested omitting a sink, because "outdoor sinks are hard to keep clean. They can get a little funky."

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Invincibelle® Spirit

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Shown here: Invincibelle Spirit hydrangea in a 3 gallon pot.

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The Breast Cancer Research Foundation.

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Quantities are limited, so order early!

Natural Style

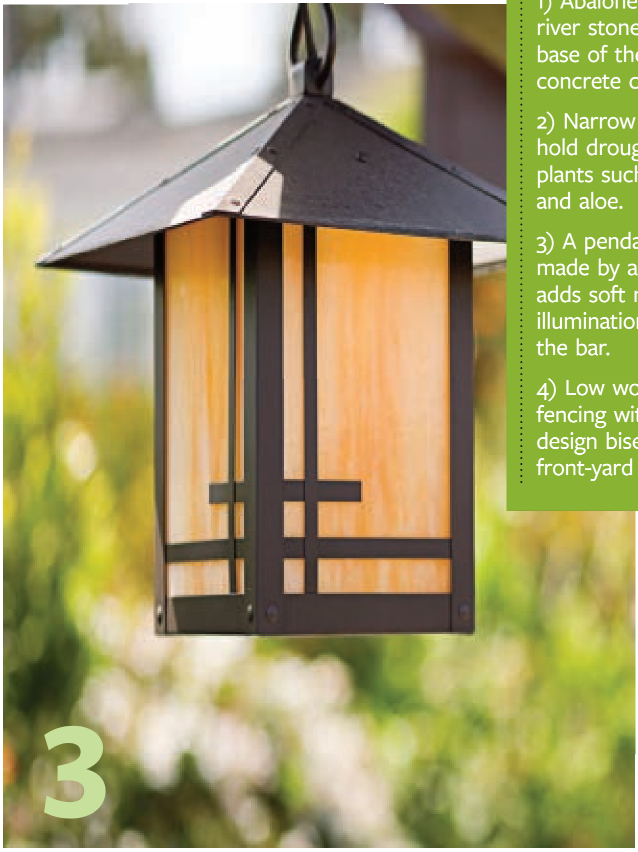
Craftsman-style details create a cohesive look from the front of the house to the back. The design takes its cues from classic Arts and Crafts materials: wood, stone, and metal. "I like the organic feel," Kyme Chiapuzio says.

1) Abalone shells and river stones clad the base of the poured-concrete countertop.

2) Narrow gravel beds hold drought-tolerant plants such as sedum and aloe.

3) A pendant light made by a local artisan adds soft nighttime illumination over the bar.

4) Low wooden fencing with an open design bisects the front-yard garden.



For buying information see page 242.

someone who's got what you've got is out doing what you're not

Help prevent asthma symptoms before they start. Talk to your doctor about prescription SINGULAIR. Once-a-day SINGULAIR is proven to help control asthma symptoms for 24 hours. It helps relieve indoor and outdoor allergy symptoms too. Help prevent asthma symptoms – help yourself breathe a little easier while doing the things you want to do. Ask your doctor about steroid-free SINGULAIR.

IMPORTANT SAFETY INFORMATION

SINGULAIR is not a rescue medication. Always carry a prescribed rescue inhaler for emergencies or sudden symptoms. If your asthma symptoms get worse or you need to increase the use of your fast-acting inhaler, call your doctor at once.

Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-36.

ONCE-A-DAY
SINGULAIR®
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-36 or visit merck.com/merckhelps.

takeonasthma.com

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9628415

Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms**:

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

Issued August 2009

Distributed by:
MERCK & CO., INC.
Whitehouse Station, NJ 08889, USA
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Frame an outdoor room, fill an empty corner, or make a colorful spot for the potted perennials you just brought home from the nursery. Here's a clever way to display plants without repotting. Just slip the containers into the predrilled slots on this corner cottage garden and you're done!

Assemble the cottage kit in an afternoon, and paint it with your choice of color. Created exclusively by our *Garden Ideas* editors, the Cottage Kit/Corner Garden is constructed from western red cedar, precut and predrilled, and ready for final assembly. Fasteners are exterior grade or stainless steel. The cost of the kit is **$295** plus shipping, and includes all materials (pickets, posts, nails, and screws) a materials list, and instructions. Paint is the only item not included. Assembled size is 43″×43″×44″ tall.

TO ORDER: Call **800-678-5752,** or visit **readershopping.com.** Please refer to Item: **homecottage-bhg.**

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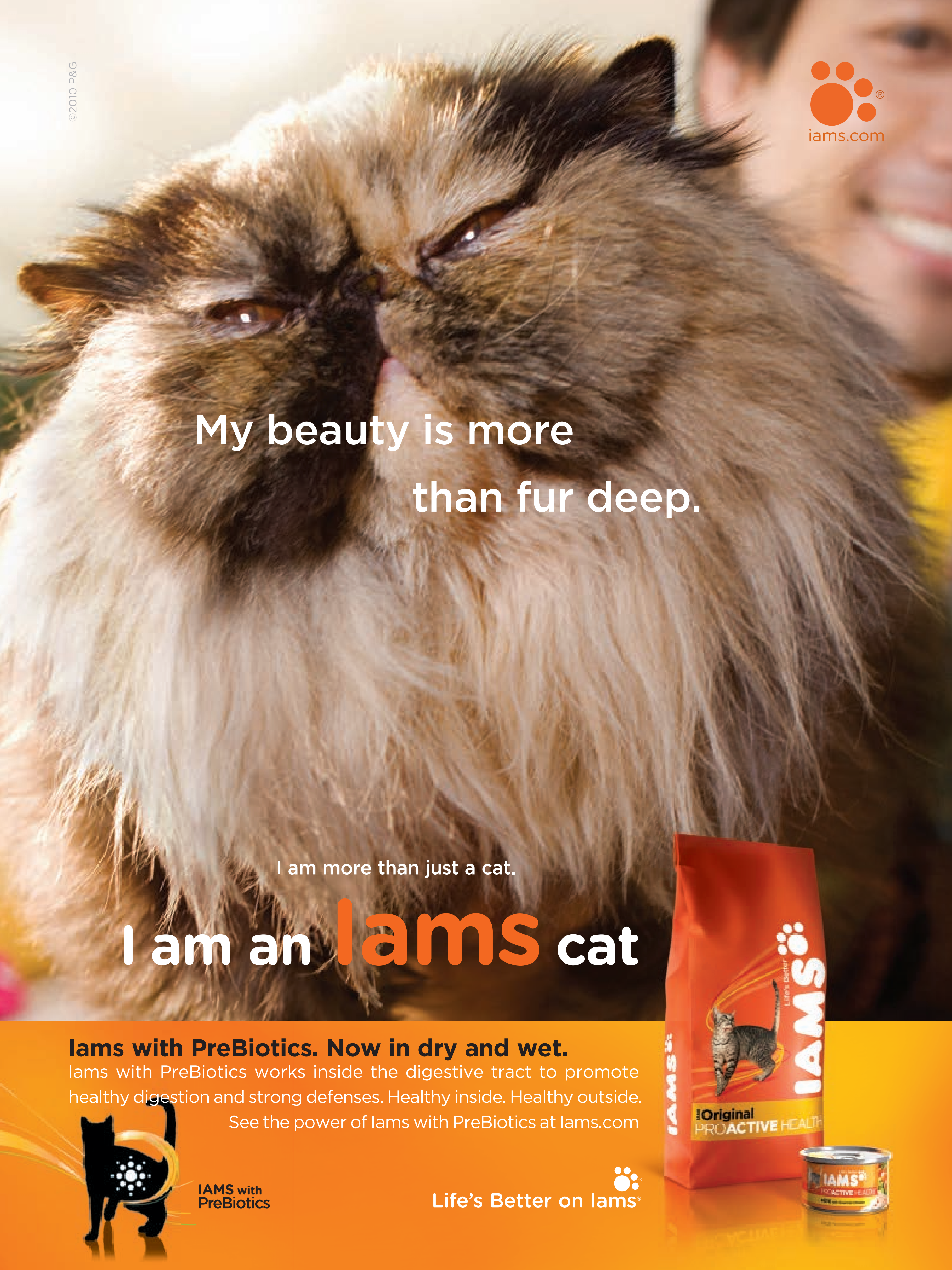
1053030

four seasons

This easy plan keeps containers looking great all year long. A hardy shrub is the permanent resident, while a rotation of annuals adds color and seasonality.

written and produced by KATE CARTER FREDERICK photos PETE KRUMHARDT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Life's Better on Iams
IAMS
Original
PROACTIVE HEALTH

Stay dry during downpours.
No pad is drier than Always Maxi.
Have a happy period.
always
maxi
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Starting point Begin with a small, hardy shrub such as dwarf Alberta spruce, *here*, as a permanent anchor. Then renew the spaces around it every few months with fresh, seasonal annuals. Use small annuals that won't overwhelm the shrub, and add slow-release fertilizer when you plant.

spring Sunshine brings the spring thaw and an invitation to plant cool-season color such as 'Tete-a-Tete' daffodils, Delta Neon Violet pansies, orange tulips, and mixed lettuces, *above*. **TIP** Instead of planting bulbs in fall and overwintering them in the planter, buy pre-sprouted bulbs in spring and plant them along with early annuals such as pansies.

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Rain.
Or shine.

Always Dri-Liners leave you feeling amazingly dry. Because even when there's no rain in the forecast, you could still use a little protection.

always dri-liners

summer A trio of annuals, *above*, including plumed 'New Look' celosia, red New Guinea impatiens, and *Plectranthus* 'Troy's Gold' for foliage, excels through the summer.
TIP Summer heat and sun can take a toll on plants, so if the container is in a sunny spot, use only heat-loving varieties.

fall Even after autumn arrives, *Plectranthus* 'Troy's Gold' continues to shine and is joined by late-season replacements: mums and ornamental kale, *top right*.
TIP When fall approaches, there's no need to pull out summer plants if they still look good. Just add colorful fall annuals to the mix.

winter Preparation for winter and the holidays start when evergreen boughs stand in with red-painted twigs, *right*. Claret glass berries on the spruce catch the light.
TIP A coat of anti-desiccant spray protects the spruce from the drying effects of wind and cold weather.

For buying information see page 242.

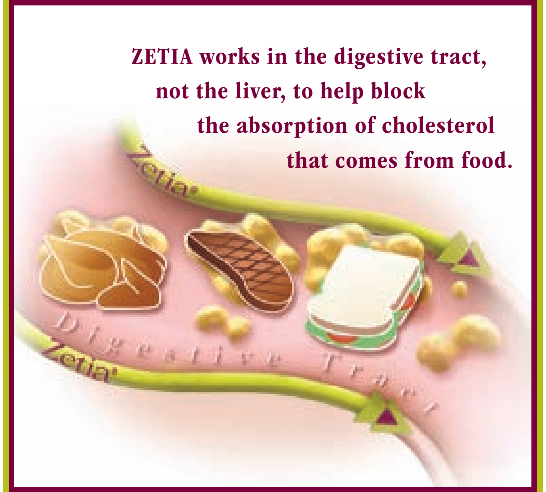
ZETIA Helps Fight Cholesterol Differently.

ZETIA helps lower cholesterol differently. Statins, the most common cholesterol-lowering medicines, are a good option. They work mainly with the liver. ZETIA works in the digestive tract, as do some other cholesterol-lowering medicines.

But ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food.

Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.



Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page. For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

Zetia®
(ezetimibe) Tablets

A different way to help fight cholesterol

Ask your doctor if ZETIA is right for you.

Merck/Schering-Plough Patient Assistance Program — To find out if you qualify, call 1-800-347-7503.

MERCK / Schering-Plough Pharmaceuticals

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

29480885T

Zetia®
(ezetimibe) Tablets

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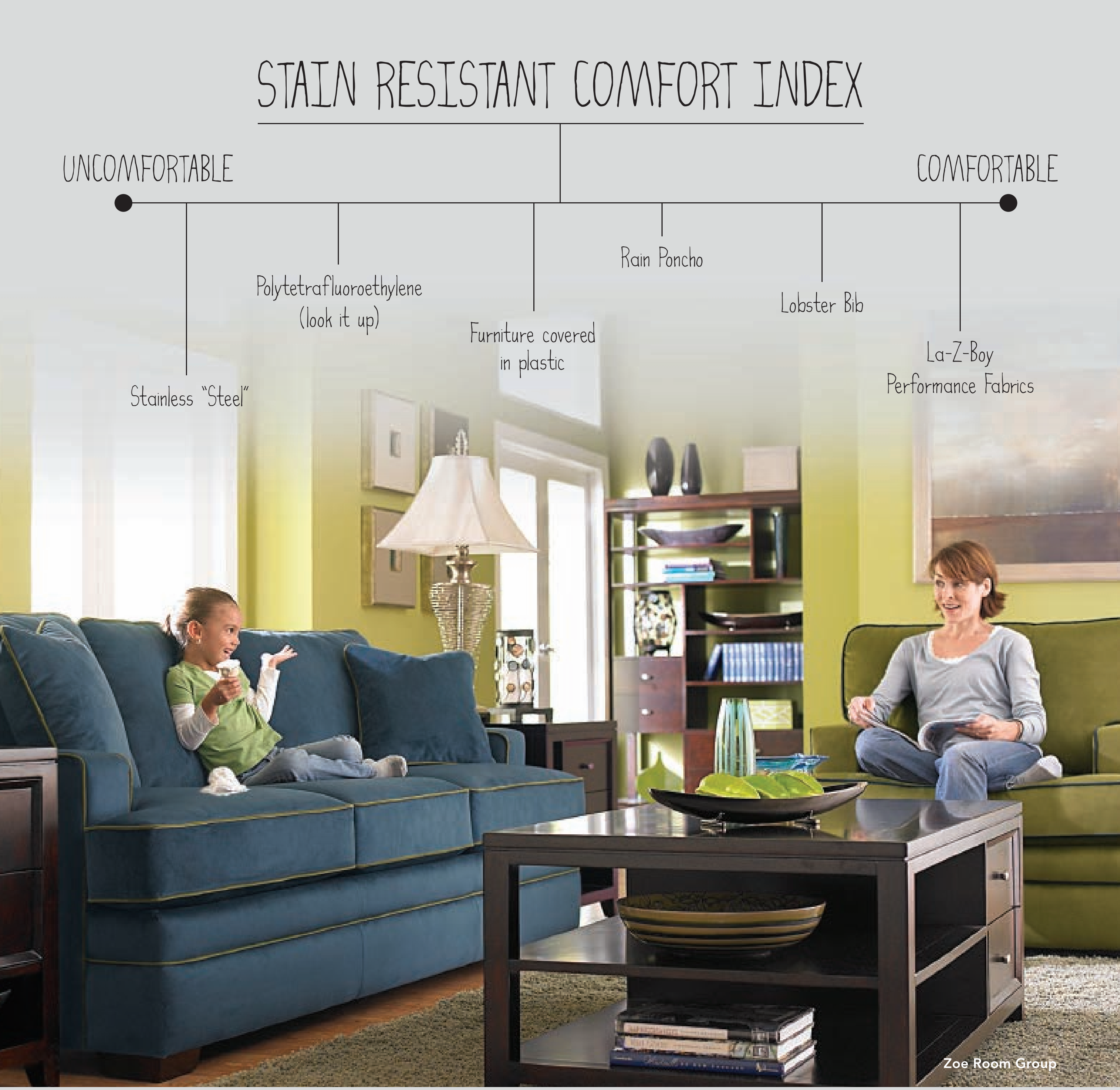

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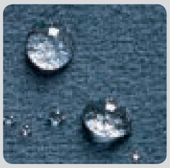

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PHOTO: BLAINE MOATS

thanks!—now what do I do?

On Valentine's Day, Easter, or Mother's Day, you may find yourself the recipient of a gift plant such as azalea, cyclamen, or hydrangea. A question we often hear is, "Can I plant it in my flowerbeds when it's done blooming?" Unfortunately, most florist plants are more tender than their cousins bred to survive in landscapes. It can't hurt to try—the warmer your climate, the better your chances. But don't bank on it. Instead, place your gift on a table or in a windowsill where it can serve as inspiration for the upcoming garden season.

the gardener

TOOLS & TIPS FOR EVERYONE WHO LOVES TO DIG

by ERIC LISKEY

Cut your energy bills. ClimateMaster geothermal systems tap the constant temperature of the earth to provide heating, cooling, and hot water. Your home stays comfortable year-round while trimming your energy use by up to 80%. And now with new federal tax credits, you will save an additional 30% on the total installation. Best of all, ClimateMaster systems are not only a good investment, they are a cleaner choice for the environment. To learn more about how the geothermal technology leader can help you cut your energy bills, visit climatemaster.com or call 877-436-6263 today.

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THIS MONTH IN THE GARDEN

north Start seeds of summer vegetables such as tomatoes and peppers indoors this month. Grow them under a fluorescent light or on a windowsill in full sun.

south After the last frost, move plants you overwintered indoors, such as bougainvillea and hibiscus, back outside. Keep them in a sheltered spot for a few days to ease the transition.

west Rejuvenate groundcovers such as turf lily, vinca, and St. John's wort by mowing or cutting with a string trimmer, then raking off the trimmings.

17 million

That's how many gallons of gas are spilled during refueling of lawn equipment each year, according to the U.S. Environmental Protection Agency. To reduce spillage, don't top off gas tanks when refueling lawn mowers, trimmers, and other power tools; and use a no-spill gas can.

YARD GOODS

No more guessing

Do you really know how much sun a flowerbed gets? Or do you just guess? Take the uncertainty out of gardening with a sensor that measures and records sunlight as well as temperature, moisture, and humidity. After monitoring for 24 hours, plug the EasyBloom sensor into your computer's USB port—it will connect to the EasyBloom Web site and provide a graphic readout of your garden conditions and even recommend suitable plants. $60; **easybloom.com**

PHOTOS: (SEEDLINGS) SCOTT LITTLE; (HIBISCUS) PETE KRUMHARDT; (TURF LILY) DOUG HETHERINGTON; (EASYBLOOM) BLAINE MOATS

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4 ways to be a savvy plant shopper

- **Shop Thursdays and Fridays.** Garden centers stock up during weekdays. Get the best selection and quality by shopping before the weekend rush leaves only picked-over stock.
- **Look for quality.** Annuals should be compact and uniformly green. Avoid trees and shrubs with dead branches or damaged trunks.
- **Ask about guarantees.** A 1-year replacement policy lets you replace plants that don't survive the first winter.
- **Buy named varieties.** Generic plants—those without a variety name—vary in appearance, while named varieties have consistent characteristics. For example, a tree labeled only as "amur maple" may or may not give you the brilliant fall color these maples are prized for, whereas "Red Rhapsody amur maple" should live up to its name.

Q: I've heard that pruners can spread diseases from tree to tree. Is that true?

A: Yes, it's possible. If your trees appear healthy and you prune in winter when disease organisms are dormant, the risk is minimal. However, if you are cutting diseased or dead branches, or pruning during the growing season (not ideal but sometimes necessary) you should disinfect shears and saws as you work. To do this, dip shears in a 10% bleach solution after each cut.

Do you have a gardening question? Get answers from BHG experts as well as other gardeners at BHG.com/gardendoctor.

garden smarts

"When you till your garden soil this spring, soil should be just slightly moist. Cultivating wet soil can result in flowerbeds full of rock-hard clods."
Eric Liskey, deputy editor, gardens and outdoor living

ETERNAL FLAME

Nonstop Fire begonia is a terrific plant for small containers. Give it a sheltered part- to full-shade location and watch as the fiery flowers light up the shadows. Nonstop begonias are hardy in Zones 9–10; use as annuals in other Zones. To locate a retailer, go to *provenwinners.com.*

PHOTOS: (POTS) KRITSADA; (BEGONIA) PETE KRUMHARDT; (SHEARS) MARTY BALDWIN

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style

LOOK GOOD, FEEL GOOD

GO BOLD
Jennifer McGarigle loves simple, striking colors, just like the single-tone arrangements she designed for this shoot (see the pink array of roses, left). Leopard long-sleeve blouse, Rebecca Taylor, $226; 212/966-0406 to purchase. Perer Skirt, Tory Burch, $185; toryburch.com. Layered beaded necklace, Bijou Drive, $75; 800/445-0172

budding genius

Floral designer Jennifer McGarigle blooms in spring's punchy citrus shades—and talks about her perennial style.

by KELLY L. PHILLIPS
photos PERRY HAGOPIAN
styling JONNY LICHTENSTEIN

SET DESIGN: MARCUS HAY; HAIR AND MAKEUP: STEPHANIA PARENT. RE-TROUVE TABLE IN WHITE, THE CONRAN SHOP; CONRANUSA.COM. RE-TROUVE CHAIR IN YELLOW, THE CONRAN SHOP; CONRANUSA.COM.

MEET Jennifer McGarigle, 39, floral designer, furniture designer, and owner of Floral Art in Los Angeles, a flower boutique and design studio.

HER PERSONALITY
"I'm a driven, passionate person, and I really enjoy what I do. I even dream of flowers. Some of my arrangements, and especially my floral-print furniture and home accessories, are the direct result of those dreams."

EARLY BLOOMER
"From age 5, I've loved flowers. I even tried to craft perfume from crushed rose petals as a child. As a young adult I knew that working at a flower shop would be the right part-time job for me—and it became my entrée into this industry."

DIY FLOWER ARRANGING
"If you're working with a mixed bouquet, divvy it up by color, or place all the blooms at the same height. Flowers become patterns when you group them and simplify their cut or hue. For example, carnations look like a beautiful ruffle bundled tightly together."

HER PERSONAL STYLE
"Jeans and T-shirts are my day-to-day wear, often with a ponytail or pigtails—I'm very low-maintenance."

THE CUTE COMPANION
"My adorable pug, Daisy—I treasure her."

"You'll always find friends over at my house—I love entertaining. I grow pots of fragrant roses on my deck just so I can cut a few at a moment's notice to adorn my home."

IN FULL BLOOM
Surround yourself with flowers—the abstract floral print of this dress is reminiscent of Jennifer's working palette. O'Keefe floral asymmetrical dress, Jodi Arnold, $396; jodiarnoldnyc.com. Bobble and cluster drop necklace, Roxanne Assoulin for Lee Angel, $180; 212/334-6573 for stores. Marcelle resin bangle, $165, and Sophia silk wrapped bangle, $75, both Roxanne Assoulin for Lee Angel; (see previous). At right, one of Jennifer's Floral Art Home designs, the Flax Leaf Lucite Cube Table; floralartla.com.

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style FASHION

"Just like in floral design, sticking with a limited palette of colors can have a big impact."

CITRUS APPEAL "I love simple, clean lines with an unusual detail." Squiggle ruffle shell, J.Crew, $80; jcrew.com. Silk-and-linen pant, Tibi, $295; at Tickled Pink, 239/435-0004 to order. Jeweled bib necklace, Adia Kibur, $72; lifemix.net. Silver twist belt, Adia Kibur, $50; lifemix.net

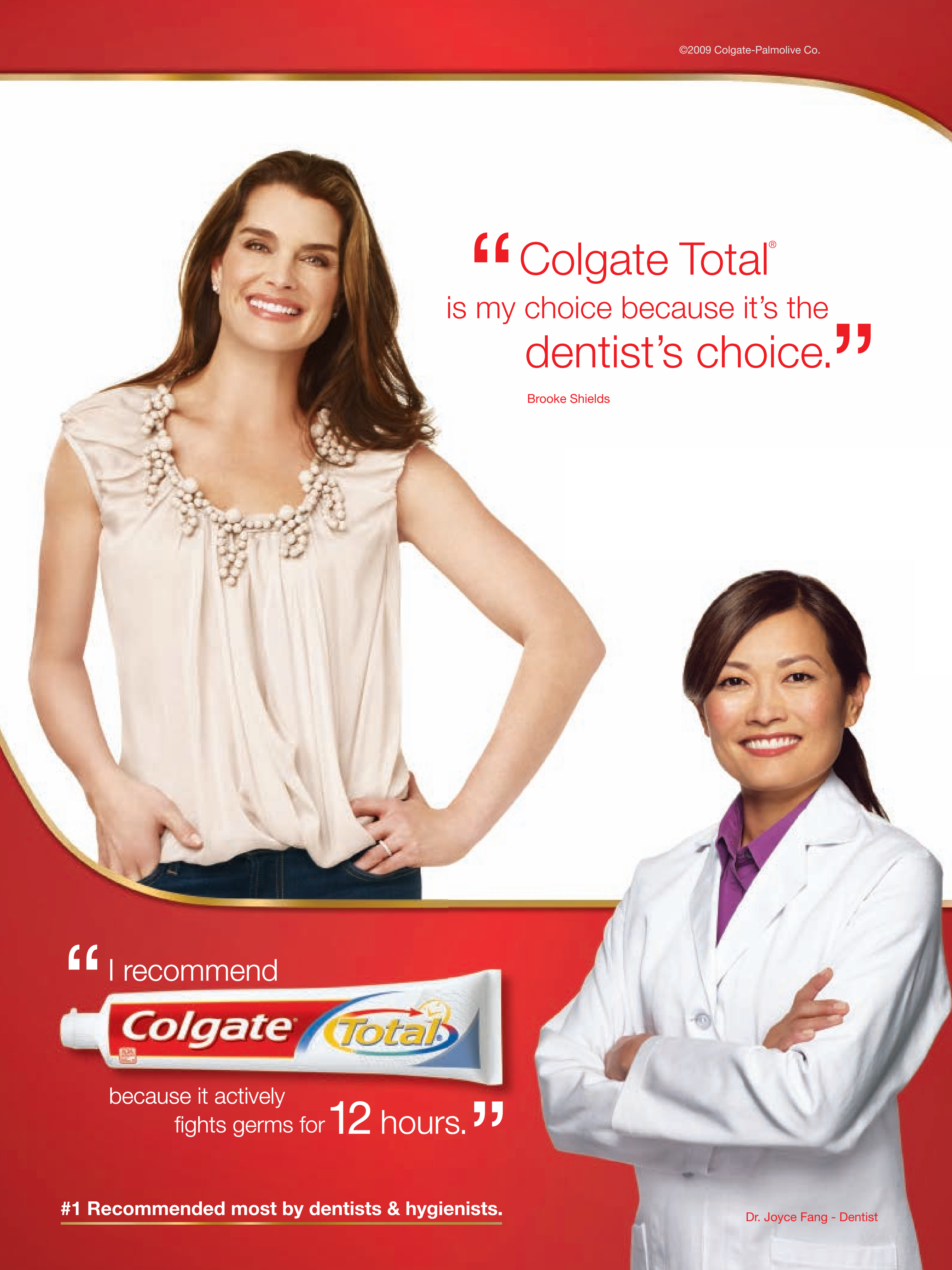
MINTY FRESH Stay cool as a cucumber in crisp shades of lime and white. Basic T-shirt, Lauren by Ralph Lauren, $30; macys.com. Marisa pant with belt, LOFT, $59; LOFTonline.com. Teardrop necklace, Bijou Drive, $48; 800/445-0172

FLYING COLORS "Comfortable clothing is a must for me. I never want it to seem like I'm trying too hard." High-waist shorts, Jodi Arnold, $198; jodiarnoldnyc.com. Seamed ruffle top, BCBGeneration, $88; at Lord & Taylor stores

SUNNY SIDE UP Add a flash of neon pink to accent a bold dress. Linen shirtdress, Old Navy, $30; at Old Navy stores. Whip snake belt, J.Crew, $40; jcrew.com

PEP IT UP Energize the neutrals already in your closet with one standout piece. Printed cardigan, Attention, $20; at Kmart stores. Modal jersey tank, Twinkle by Wenlan, $90; at select Macy's stores. Empire-waist skirt, Apostrophe, $15; at Sears stores and sears.com. Jane skinny belt, Club Monaco, $39; clubmonaco.com for locations. Glass pearl necklace, Ben-Amun by Isaac Manevitz, $170; ben-amun.com

PHOTOS: JEFF HARRIS; TECHNICAL STYLING: CLAIRE TEDALDI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Dr. Joyce Fang - Dentist

Page 1 of 1

Customer Care Manager

From: Deanna Bobiwsky
Sent: September 03 2008 / 15:23
To: Bio-Oil Customer Care
Subject: Thank you Bio-Oil!

I started working at my nearby drug store and was assigned to train in Cosmetics, thankfully for that I was introduced to Bio-Oil and I must say it is the greatest!

After only using the tester twice a day after my first 2 weeks of work my skin had such a great improvement and is so soft and healthy! I was so happy afterwards as I usually have really rough hands from work and just from around the house… really keyboard worn and everything.

Thank you Bio-Oil for the greatest oil, I am thankful that I can still suggest it to my co-workers and others even if I am in the Photo department now. It is amazing being able to talk about skincare now and then, and Bio-Oil is the best out of anything!

Keep up the great work!

And thank you for making the greatest product ever.

D. R. B.
Deanna Bobiwsky
Richmond, VA

09/03/2008

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Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at all leading retailers from $11.99 (2fl.oz.) and $19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit bio-oil.com.

No.1

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NEW ZEALAND *(Synovate Aztec, 2008)*
Full references at bio-oil.com

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sage advice

From subtle to bright, there's an eye-enhancing shade of green for everyone. Give these fresh shadows and liners a go—and keep the rest of your makeup neutral and light.

EARTHY Bobbi Brown Metallic Eye Shadow in Forest is a deep olive green; $20.

LUMINOUS Mark Mini Mark It Stick for Eyes in Green Opal has a soft texture that glides easily over lids; $6.

SOFT Clarins Single Eye Colour in Jungle Green offers a pearlescent finish; $20.

FUN Bourjois Regard Effet DuoChrome Eyeliner in Vert Doré combines metallic shades in one pencil; $13.

SUBTLE Maybelline Define-A-Line Eyeliner in Khaki Green incorporates a built-in sharpener and smudger; $6.

RICH The Body Shop Eye Color in Velvet Green gives big color payoff with one swipe; $12.

VIVID Makeup Forever Star Powder #910 is a loose powder with iridescent shimmer, $19 (top); and Matte Eye Shadow #91 provides long-wearing color, $19.

PASTEL Benefit Velvet Eyeshadow in Shamrocker is an easy-to-wear green; $18.

METALLIC JK JEMMA KIDD I-Tech Liquid Liner in Contrast lends a no-smudge, no-flake line; $16.

by **MELISSA MILRAD GOLDSTEIN**
photos **JEFF HARRIS** styled by **LAURIE RAAB**

color play

CHEEKY TONES

Forget flat color. **MAC** Blush Ombre looks cool for sure, and it allows you to customize and contour your cheek color with the palette's deeper tones. ▶ The soft pink Azalea Blossom shade (top) is ideal for light skin. Brush it onto the apples of the cheeks. ▶ Ripe Peach (middle) gives a warm glow to light and medium skin tones. ▶ Vintage Grape (bottom) creates a defined cheekbone on medium to dark complexions; $25.

beautiful bouquet

We love **Fruit & Passion**'s floral diffusers: The birchwood stem picks up the scent, and the petals distribute it into the air—just like real flowers; $15.

CLEAN CONSCIENCE

Developed by a marine biologist, ***Depth*** body and hair care products are some of the nicest natural products we've seen. Made from a blend of sea botanicals (like algae) known for their hydration, vitamins, and minerals, the formulas feel indulgent and, thanks to a completely natural aroma blend, are just as easy on the nose. In fact, all the ingredients are natural, predominantly organic, hypoallergenic, and paraben-free, making them good for the entire family; $7–$10.

skin science

Move over, miracle cures—the new direction in beauty science focuses on helping skin to help itself. The idea is to flick on those switches that have gone out over time. Cutting-edge formulas like **Lancôme** Génifique include high-tech ingredients that the company says are capable of stimulating genes, which in turn tell cells to create those youth-giving proteins that were abundant in our skin way back when; from $59.

good for you

It's not too early to think about getting your nails in shape for summer. "Remember to apply a cuticle oil like **Avoplex** nail & cuticle replenishing oil daily to prevent dryness and cracks," says Suzi Weiss Fischmann, artistic director of OPI; $8.

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eye openers

The eyes may be the window to the soul, but that doesn't mean they need to tell the world exactly how old that soul is. Slow down the clock with lifestyle changes, topical treatments, and the best makeup tricks.

by **MELISSA MILRAD GOLDSTEIN**

I remember the day I got old. It was a normal day, just like any other. I woke up, hit snooze, woke up again, and headed to the bathroom. Then I looked in the mirror: Whoa! When did *that* happen? Crow's-feet! Crepe-y eyelids! Dark circles! These first signs of aging had appeared around my eyes in the space of a single day!

Not quite, says Amy Wechsler, who's both a dermatologist and psychiatrist in New York. Those fine lines, she says, are years in the making. "Our brains adjust to tiny changes until they start to add up, a sort of daily denial until that defense mechanism no longer works. Then it seems as if the wrinkles happened overnight," says Wechsler.

The skin around our eyes is thin, she explains, and starting in our 30s we lose some of the hydration and elasticity that has been keeping that skin firm and taut. That biological fact is only abetted by the behavioral factors we can call living life: diet, weight fluctuations, pollution, UV exposure, and all those facial expressions that make you, well...you.

Still, Wechsler says, there's no reason we can't give our eyes a defense mechanism of their own. Some simple lifestyle changes can make a big difference, she says—especially if you start in your 30s and 40s.

Let's start with the easy stuff.

Get some sleep. Research says we need eight hours, every day. An hour before you're ready for some shut-eye, turn off the TV, the computer, and your BlackBerry. Unplug. And once you're well-rested, stop rubbing your eyes so much—it accelerates that dreaded loss of elasticity. And stop tugging at your eyes: Find gentler ways to apply and remove makeup.

Wearing sunglasses will keep you from squinting and protect your corneas from UV rays. Sunglasses will also hide the puffy eyes you'll get if you choose to ignore Wechsler's advice to avoid dietary salt, which causes water retention.

A more abstract but no less important lifestyle change? De-stress. "Chronic stress causes aging," Wechsler explains. Literally: The stress hormone cortisol causes skin to lose collagen, the protein that keeps it firm and plump. Altering how you handle life's stresses will help both decrease cortisol and those signs of aging. Easier said than done, sure. But try to find time to relax—watch a favorite TV show, get a massage, spend even 10 minutes quietly alone. Get outside and enjoy nature. And don't forget to exercise.

Turn the page to find more line-fighting tactics, including products and makeup tricks.

PHOTO: VEER

"There is no such thing as a permanent solution. Nor would you want one. We are dynamic and continue to change, and so should the ways we address aging in the eye area." **DR. YAN TROKEL, NEW YORK-BASED COSMETIC SURGEON**

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Sara Rue

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Eye cues

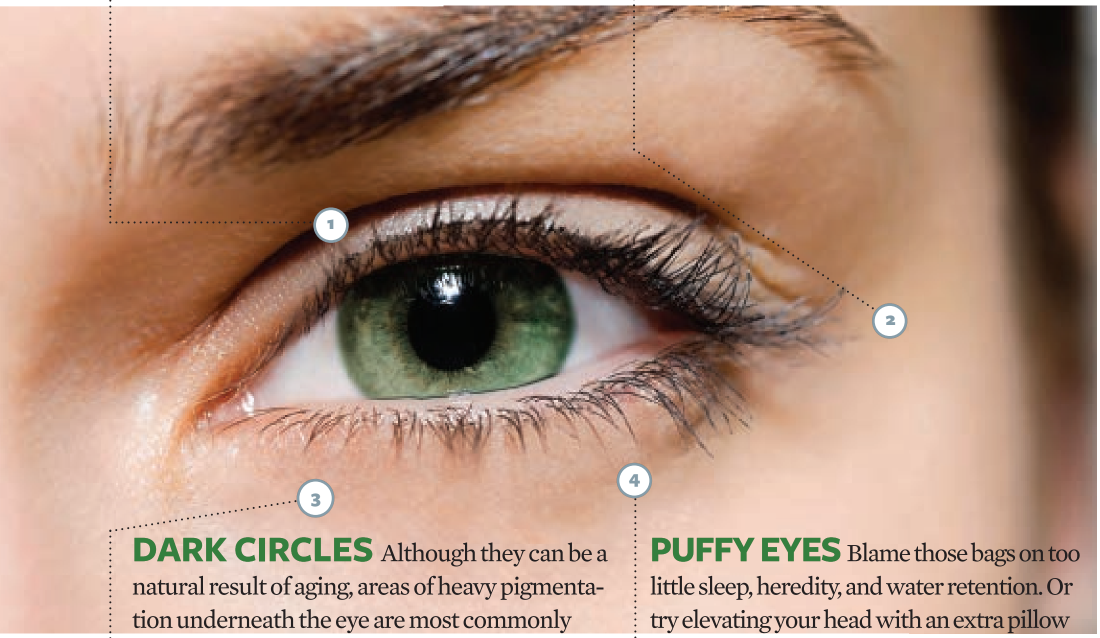
The skin care tips and makeup tricks you've been looking for.

HOODED LIDS As we age, weakening muscles combined with rubbing and pulling cause thin lid skin to sag. The sag can even be so extreme that it obscures vision.
TRY For minor hooding, skin tighteners such as **Garnier** Ultra Lift Pro Dual Eye, $17, offer temporary results. Invisible lid-shaped tape strips like those from **Eye Magic** are a nonsurgical option to open up the eyes, $30.

APPLY Make eyes appear larger with a white, bone, or champagne shadow swept up to the brow bone. Line both top and bottom of the eye with dark liquid liner, making sure the upper line is slightly thicker.

CROW'S-FEET "These lines that occur around the outer corners of the eye are dynamic wrinkles that are caused by muscle movement," explains New York-based cosmetic surgeon Yan Trokel. Causes: laughing, smiling, squinting.
TRY A hydrating eye cream temporarily plumps those lines. Ingredients like retinoids, peptides, and antioxidants found in **Vichy** Liftactiv Retinol HA Eyes, $40, pack an anti-aging wallop.

APPLY Use a moisturizing foundation. And skip the powder, which settles into fine lines.



DARK CIRCLES Although they can be a natural result of aging, areas of heavy pigmentation underneath the eye are most commonly caused by three things: thinning skin and collagen loss, which accentuates the appearance of the blood vessels underneath; melanin irregularities that typically affect those with dark skin; and nasal congestion.
TRY Eye creams containing retinol or vitamins K, C, E, and can help. **OLAY** Total Effects Eye Cream and Concealer covers and corrects, $22.

APPLY Use a pink- or peach-tone concealer. Or get the same effect with a tiny speck of red lipstick to neutralize blue tones. (Be sure to top with a concealer!) Keep eye shadow light in a white or bone shade. Leave lower lid unlined to draw attention upward.

PUFFY EYES Blame those bags on too little sleep, heredity, and water retention. Or try elevating your head with an extra pillow so fluid doesn't pool around your eyes at night. During hayfever season try an antihistamine. (Heard the one about Preparation H? Avoid it, say doctors—it's too potentially irritating to eyes.)
TRY Ingredients such as caffeine and peptides stimulate circulation and reduce inflammation. **Patricia Wexler M.D.** Fastscription Instant De-Puff Eye Gel, $20, deflates bags.

APPLY Look for a brightening concealer. These often come in pen form. Light-reflecting particles hide shadows and lend some coverage.

pack your bags

Cosmetic procedures offer the fastest and most lasting results for eye-area correction, though you're more likely to need a needle than a knife. "Cutting isn't always the answer," says Trokel. "Instead, we add volume back into the right places to add fullness and definition."

▶ **Neurotoxins** like Botox or Dysport block facial muscle contractions to smooth the appearance of crow's-feet, forehead creases, and "the elevens," those vertical lines between the eyebrows. Injections can also give 1–2 millimeters of lift to hooded eyelids. **Cost:** $400–$600 per treatment. Lasts 3 to 5 months.

▶ **Injectable fillers** such as Restylane and Juvéderm plump up skin with hyaluronic acid, a safe substance that's naturally present in skin. They can diminish dark circles by adding a cushion between the blood vessels and skin. "Injections around the eyes must be done by a master who has had lots of experience in that area. Being board-certified isn't enough," Trokel says. Ask for and check references. **Cost:** $500 per treatment. In the eye area it can last up to one year.

PHOTO: VEER

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Subject to Official Rules at www.luckyleaf.com/BakingContest.aspx. No purchase necessary to enter or win. To enter online, visit www.luckyleaf.com/BakingContest.aspx and upload an original recipe using one 21-ounce can of Lucky Leaf Pie Filling, time limit of one (1) hour from start to finish, along with baking time, recipe name and the number of servings that the recipe yields, list of ingredients with measurements in order of use, step-by-step preparation and cooking directions. Or mail the recipe and above information, with your name, address and daytime telephone number to: Lucky Leaf Blue Ribbon Recipe Challenge, Meredith Corporation, 1716 Locust Street, LS-147, Des Moines IA, 50309-3023. The Lucky Leaf Blue Ribbon Recipe Challenge begins February 1, 2010, and ends April 30, 2010. Entries must be received by 11:59 p.m., E.T. on April 30, 2010. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Multiple entries will be accepted but each recipe must be submitted as a separate and unique entry. Void where prohibited. Sponsor: Knouse Foods; Administrator: Meredith Corporation

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The Katz's courage and devotion are inspiring.

"...We were shocked when my husband was diagnosed with stage four prostate cancer. After surgery and treatments, he was told he had three years and to live life to the fullest. He was only 57. Not knowing that he would make it to 60 years old, and having had a family tradition of having made big bashes for his dad's 60th and my dad's 60th, I was not going to let Roger miss out. I threw a surprise 59 ½ party at Roger's favorite restaurant in town and invited all our friends, neighbors and relatives. Was he ever surprised! It made for wonderful memories which we still share together as Roger approaches his fifth year of being cancer free. So while this celebration was wonderful for all of us, every successive birthday is even more miraculous and special."

-Francine Katz

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food

RECIPES FOR EVERY DAY

Comfort Food Comeback

Meat loaf gets a makeover, mac and cheese goes healthful, and pecan rolls stay their sticky, gooey best.

NEXT-DAY GRILLED MEAT LOAF SANDWICH
Recipe on page 200

ALL-AMERICAN CLASSIC MEAT LOAF

thoroughly modern meat loaf

It's as unfussy and comfortable as childhood jammies. But with a few changes, meat loaf can get all grown up. Taste the ingenious ways this budget-friendly, back-to-basics favorite can incorporate the fresh flavors we love today.

Recipes begin on page 197

by DEB WAGMAN photos ANDY LYONS recipes JULIANA HALE food styling JILL LUST props SUE MITCHELL

On a roll with turkey, vegetables, and cheese

Who says that meat loaf is too plain for company? This two-meat version turns that convention on its ear. Prepare meat loaf the night before, then pop it in the oven at gathering time. The showstopper comes when you slice it to reveal the filling of pancetta, mushrooms, mozzarella, and tomato.

ROLLED TURKEY LOAF

Meat loaf that cooks while you're away? Sure!

Let your slow cooker braise a fiesta of family-pleasing flavors while you tick other tasks off your list. The half-beef, half-pork loaf is studded with tomatoes, corn, and crushed tortilla chips; serve with a no-cook roasted tomato salsa.

SLOW COOKER TACO MEAT LOAF

Pasta and meatballs rolled into one

No fancy fork twirling is needed to transport this all-in-one pasta dinner from plate to mouth. Think about making a double batch; the mini loaves freeze beautifully. Wrap individual baked loaves in foil and freeze until you need them, then thaw in the refrigerator overnight and reheat in a 400°F oven for 20 to 25 minutes.

PASTA AND MEATBALLS MEAT LOAF

Recipes begin on page 197

WEEKNIGHT MEAT LOAF WITH HERBED POTATOES

Try fresh flavors for a square meal

Piled with slices of Roma tomatoes and flavored with lemon, oregano, and mint, this meat loaf is baked in squares. It's made with beef, but it's also delicious with ground lamb. Bake red-skinned potatoes alongside and sprinkle with fresh rosemary just before serving.

Recipes begin on page 197

Serve Sunday, sunny side up

You can skip the eggs, but with them, this ham loaf is the perfect dish for a weekend brunch or a night when having breakfast for supper sounds super. A no-cook, mock Hollandaise sauce adds flavor—mix sour cream, mayonnaise, Dijon mustard, and enough cider vinegar to make stirring easy.

GREENS, EGG, AND HAM LOAF

give it a whirl

Immersion blenders do their work right in the pot or mixing bowl, making soups, sauces, and dips at the push of a button.

by RICHARD SWEARINGER photos ANDY LYONS
food styling JILL LUST recipes RICHARD SWEARINGER

SPRING GREENS SOUP
Recipe on page 170

Not having to give up
the things I love?
sweet!
Very Strawberry Shortcake
Strawberry Filling
3 cups sliced fresh strawberries
2 tablespoons SPLENDA® No Calorie Sweetener, Granulated
2 teaspoons balsamic vinegar
Shortcakes
2 1/2 cups reduced-fat biscuit mix
1/3 cup SPLENDA® No Calorie Sweetener, Granulated
1 cup plain fat-free yogurt
1 1/2 teaspoons vanilla extract
Prep Time: 15 Min.
Cooking Time: 15 Min.
Serves: 12
fat-free frozen whipped topping, thawed (optional)
mint sprigs (optional)
Strawberry Filling Directions: Stir together strawberries, 2 tablespoons SPLENDA® Granulated Sweetener and balsamic vinegar; let stand 1 hour, stirring occasionally.
Shortcake Directions: Preheat oven to 425 degrees F.
1. Combine biscuit mix and 1/3 cup SPLENDA® Granulated Sweetener in a large bowl.
2. Stir together yogurt and vanilla; add to dry ingredients, stirring just until moistened.
3. Turn dough out onto a lightly floured surface, and knead 3 or 4 times. Pat dough to a 1/2-inch thickness. Cut with a 2 1/4-inch round cutter, reusing dough scraps, if necessary. Place shortcakes on an ungreased baking sheet. Bake 12 to 15 minutes. Serve warm with sliced strawberries. Garnish, if desired.
Nutrition Info (per serving) Serving Size: 1 shortcake, 1/4 cup strawberries
Calories 120 | Calories from Fat 5 | Fat 1g (sat 0g) | Cholesterol 0mg | Sodium 350mg | Carbohydrate 25g | Fiber 2g | Sugar 6g | Protein 4g
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No Calorie Sweetener
Granulated
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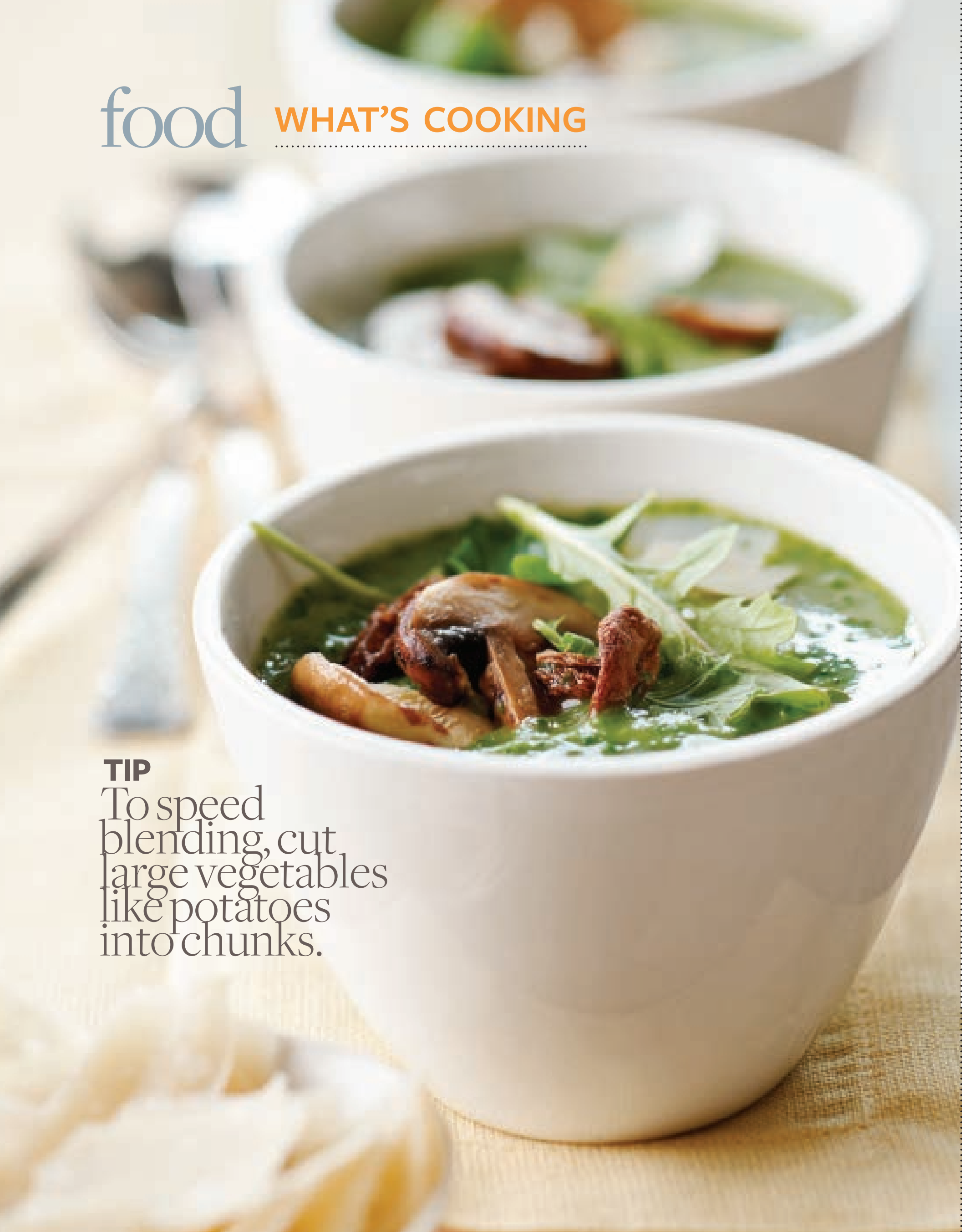

TIP

To speed blending, cut large vegetables like potatoes into chunks.

SPRING GREENS SOUP

PREP: 20 MIN. COOK: 15 MIN.

- 1 medium onion, halved and sliced
- 1 Tbsp. cooking oil
- 3 cups reduced-sodium chicken broth or vegetable broth
- ¼ to ½ tsp. freshly ground black pepper
- 12 oz. Yukon gold potatoes, quartered
- 3 cups sliced fresh mushrooms (optional)
- 2 Tbsp. butter
- 3 cups fresh spinach leaves
- 3 cups fresh arugula leaves
- 2 cups fresh Italian (flat-leaf) parsley leaves and tender stems
- Fresh arugula

1. In 3-quart saucepan cook onion in hot oil over medium heat for 5 minutes. Add broth, pepper, and *salt*. Bring to boiling. Add potatoes and return to boiling; reduce heat. Simmer, covered, 10 minutes.

2. Meanwhile, in large skillet cook mushrooms in butter over medium heat 6 to 8 minutes until tender and liquid has evaporated; set aside.

3. Remove saucepan from heat. Use immersion blender to blend onion-potato mixture until almost smooth. Add spinach, arugula, and parsley. Return to heat. Bring to boiling; remove from heat. Using immersion blender, blend soup again until nearly smooth and flecks of green remain. Season to taste with *salt*. Serve immediately, topped with sautéed mushrooms and additional fresh arugula.

MAKES 6 SIDE-DISH SERVINGS.

EACH SERVING *92 cal, 3 g fat (0 g sat. fat), 0 mg chol, 412 mg sodium, 14 g carbo, 3 g fiber, 4 g pro.*

immersion blender roundup

These blenders deliver great performance for any budget.

THE SPLURGE

This powerful performer has 2 speeds and 3 attachments for serious cooks. Bamix Mono, $150, kitchenresource.com.

THE VALUE

Both powerful and user-friendly, this blender has 9 speeds. KitchenAid KHB100, $70. The similar KHB300 comes with whisk and chopper attachments, $130, kitchenaid.com.

THE BARGAIN

With 1 speed and 3 attachments, this blender is for the cook who likes appliances simple. Cuisinart CSB-77, $50. (For a blender without attachments, buy the CSB-76 $30), cuisinart.com.

ARE YOUR SIDES AN AFTERTHOUGHT?

Elevate the everyday with new Alexia Select Sides.™ With unique ingredients you sauté in our gourmet herb-infused oil, your sides can finally live up to the main dish. Look for it in the freezer aisle.

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TIP

Leave the blender head submerged in the mixture until it stops spinning completely—or be ready to mop.

ROASTED PEAR SAUCE

You can add this sauce to an appetizer tray as an accompaniment for cheese. Or try as a spread for a turkey sandwich.

PREP: 20 MIN. ROAST: 20 MIN. COOL: 5 MIN.

- 3 large ripe pears, cored and cut in 1-inch pieces (about 1½ pounds total)
- 1 Tbsp. butter, melted
- 2 Tbsp. honey
- 1½ tsp. lemon juice
- 1½ tsp. snipped fresh sage
- Toasted walnuts
- Pear slices (optional)
- Fresh sage leaves (optional)

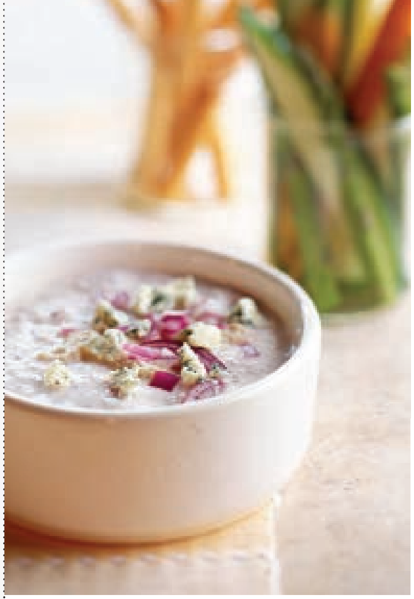
1. Preheat oven to 350°F. Place pear pieces in shallow roasting pan. Toss with melted butter. Roast, uncovered, 20 to 25 minutes or until pears are tender, stirring once or twice. Cool 5 minutes.

2. Transfer pears to a large bowl; add honey and lemon juice. Use immersion blender to blend pear mixture until almost smooth. Stir in snipped fresh sage.

3. Serve warm pear sauce topped with walnuts, pear slices, and fresh sage leaves. **MAKES 12 (¼ CUP) SERVINGS.**

STORAGE Store leftover sauce in an airtight container in the refrigerator up to 3 days or in the freezer up to 3 months. To serve, thaw in the refrigerator, if frozen. Transfer to a small saucepan and heat through over medium heat.

EACH SERVING *116 cal, 6 g fat (1 g sat. fat), 3 mg chol, 10 mg sodium, 16 g carbo, 3 g fiber, 1 g pro.*



ONION-HORSERADISH DIP

This bold-flavored dip also makes a great topping on a grilled steak, chop, or chicken breast.

- 4 oz. wedge blue cheese
- ½ of an 8-oz. carton dairy sour cream
- ¼ cup whipping cream
- ¼ of a medium red onion
- 1 clove garlic, minced
- ½ to 1 tsp. prepared horseradish
- Additional chopped red onion (optional)
- Vegetable dippers

In medium bowl crumble about three-quarters of the blue cheese. Add sour cream, whipping cream, red onion, garlic, and horseradish. Use immersion blender to blend cheese mixture until almost smooth. Top with remaining blue cheese and red onion. Serve with vegetable dippers. **MAKES 10 (2 TBSP.) SERVINGS.**

EACH SERVING *85 cal, 8 g fat (5 g sat. fat), 23 mg chol, 170 mg sodium, 1 g carbo, 3 g pro.*

TIP

For chunky dips and soups, stop blending when mixture is almost smooth. Then give ingredients a stir to bring chunks to the surface, and blend again.

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hearty in a hurry

Crunched for time? Quickly satisfy appetites with these tasty weeknight wonders.

by PEG SMITH photos ANDY LYONS
recipes and food styling JILL LUST

BEEF, MUSHROOM, AND ONION TART

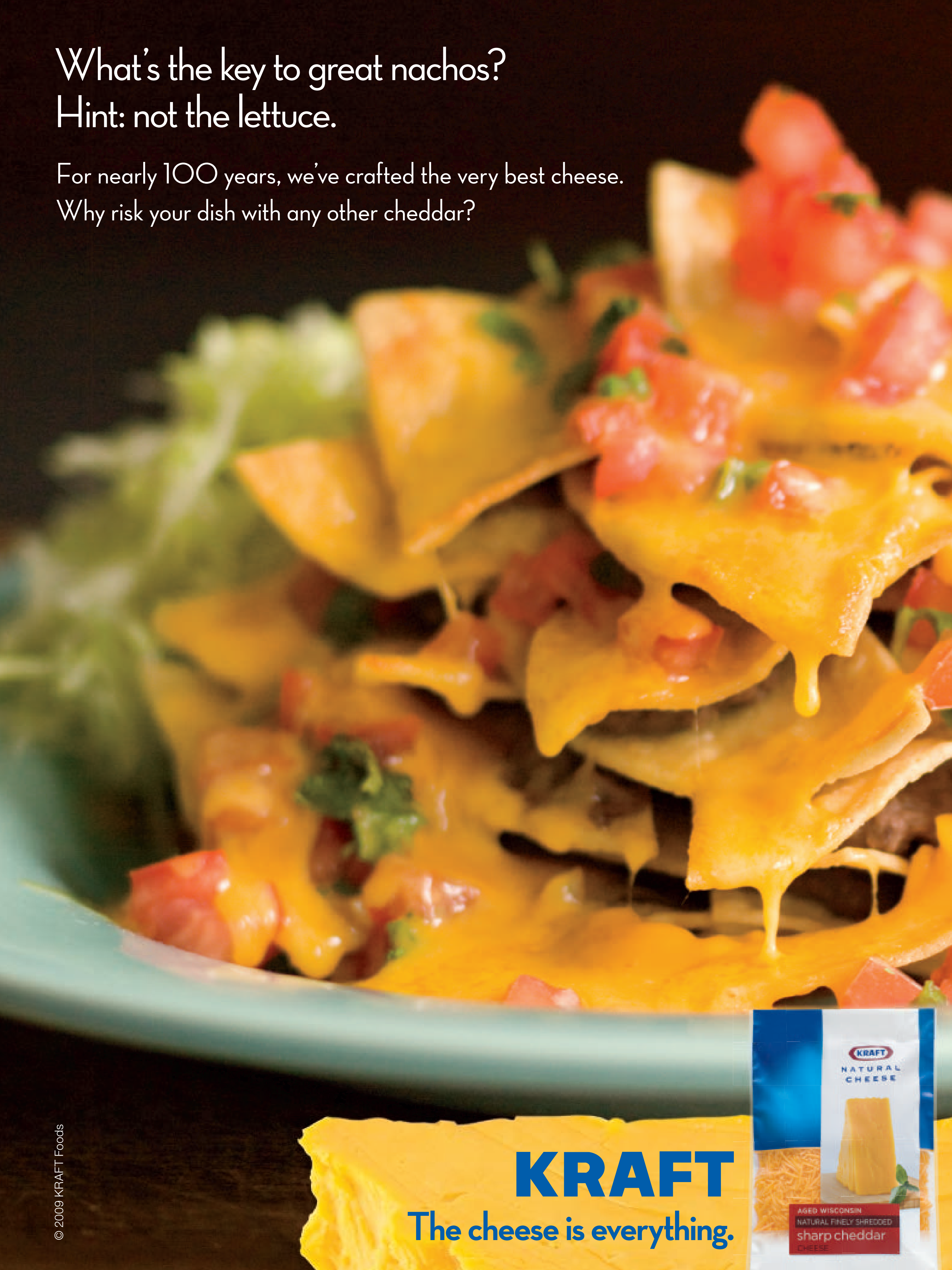
- 12 oz. lean ground beef
- 1 8-oz. pkg. sliced mushrooms
- ½ a medium red onion, cut in thin wedges
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 1 13.8-oz. pkg. refrigerated pizza dough
- 3 oz. blue cheese, crumbled
- Fresh oregano and/or pizza seasoning (optional)

1. Heat oven to 425°F. In a 12-inch skillet cook beef, mushrooms, and onion over medium heat about 8 minutes or until beef is browned and onion is tender, stirring occasionally. Drain off fat. Stir in salt and pepper.

2. Meanwhile, grease a large baking sheet or line with parchment. Unroll pizza dough on baking sheet. Roll or pat dough to a 15×12-inch rectangle. Top dough with beef mixture, keeping filling within 1½ inches of all edges. Fold edges over the filling, pleating as needed.

3. Bake tart 15 minutes or until crust is golden. Top with blue cheese, oregano, and pizza seasoning. **SERVES 4.**

EACH SERVING *525 cal, 23 g fat, 74 mg chol, 1,041 mg sodium, 49 g carbo, 2 g fiber, 31 g pro.*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Hint: not the lettuce.
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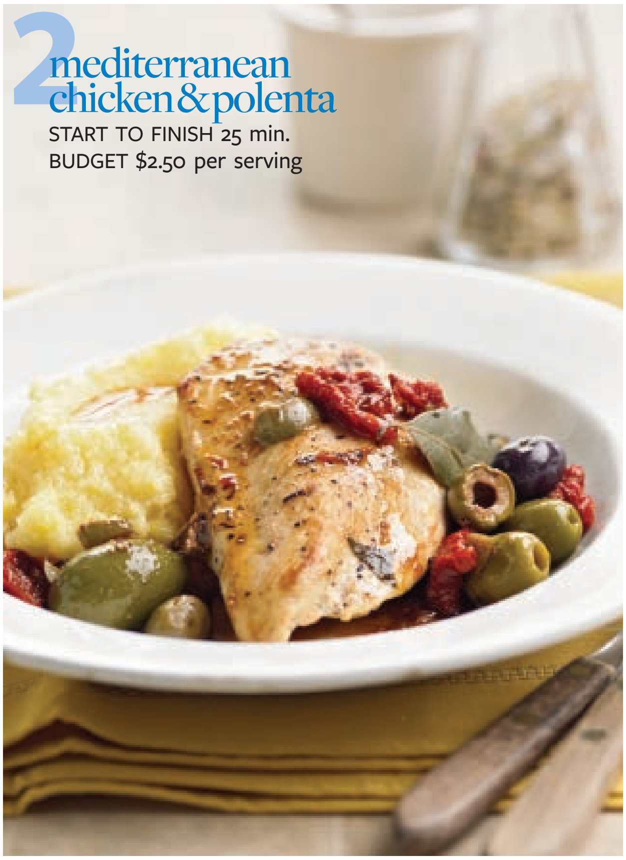
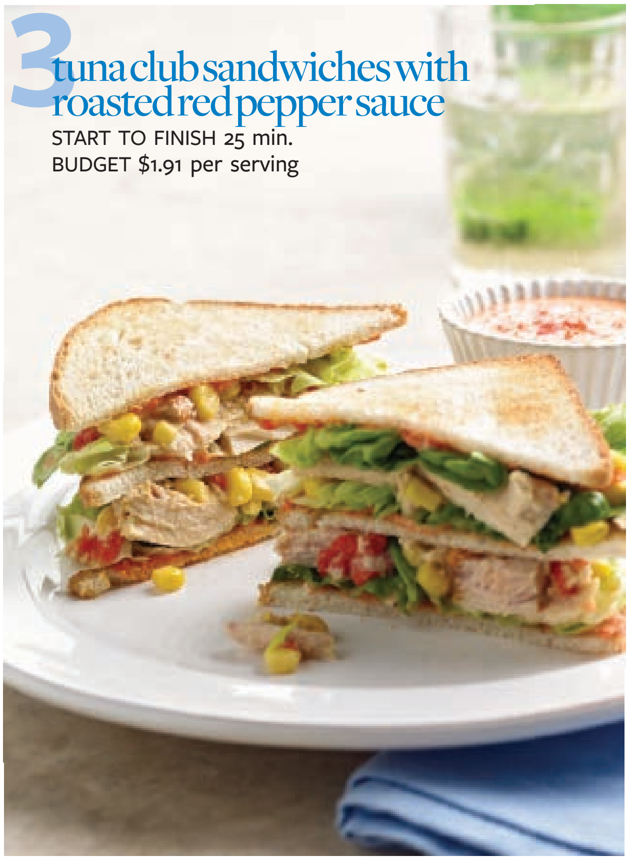


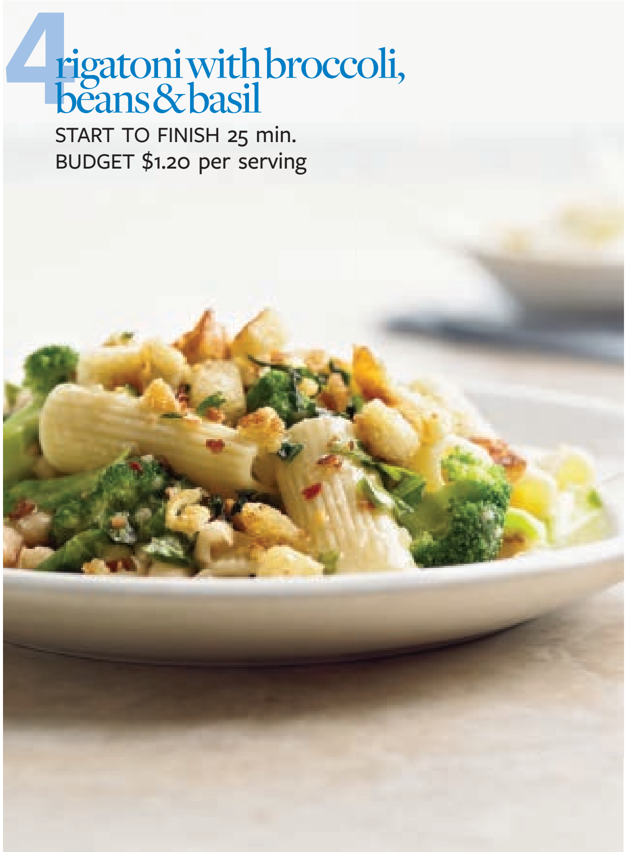
2 mediterranean chicken & polenta

START TO FINISH 25 min.
BUDGET $2.50 per serving



3 tuna club sandwiches with roasted red pepper sauce

START TO FINISH 25 min.
BUDGET $1.91 per serving



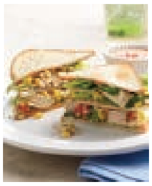
4 rigatoni with broccoli, beans & basil

START TO FINISH 25 min.
BUDGET $1.20 per serving

5 pork kabobs with onion cakes & peanut sauce

START TO FINISH 30 min.
BUDGET $2.01 per serving

TUNA CLUB SANDWICHES WITH ROASTED RED PEPPER SAUCE



- ⅓ cup bottled ranch salad dressing
- ½ cup bottled roasted red sweet peppers, drained
- 1 12-oz. can solid white tuna, drained and broken in chunks
- 1 8.75-oz. can whole kernel corn, drained
- 12 extra-thin slices sandwich bread, toasted
- Butterhead lettuce leaves (optional)

1. For the roasted red pepper sauce, in blender container combine salad dressing and *half* the roasted red sweet peppers; process until nearly smooth.
2. For tuna filling, chop *remaining* peppers. In a bowl combine chopped peppers with tuna, corn, and *1/4 cup* of the roasted red pepper sauce.
3. For each club sandwich, spread two slices of toasted bread with tuna filling, layer with lettuce leaves, stack the two slices, then top with a third slice of toast. Cut in half diagonally. Serve with remaining roasted red pepper sauce. **SERVES 4.**

EACH SERVING *441 cal, 17 g fat, 41 mg chol, 1,020 mg sodium, 47 g carbo, 1 g fiber, 29 g pro.*

MEDITERRANEAN CHICKEN & POLENTA

- ½ a 6.5-oz. jar oil-packed dried tomatoes with Italian herbs
- 4 small skinless, boneless chicken breast halves (1 to 1¼ lb.)
- 1 cup assorted olives, drained
- ½ cup dry white wine or reduced-sodium chicken broth
- 4 small bay leaves (optional)
- 1 cup cornmeal

1. Heat oven to 375°F. Drain tomatoes, reserving the oil. Season chicken with *salt* and *black pepper*. In 10-inch oven-going skillet heat all the reserved oil over medium-high. Cook chicken in hot oil 3 minutes each side or until browned; remove skillet from heat. Add tomatoes, olives, wine, and bay leaves. Transfer to oven. Bake, uncovered, 10 to 15 minutes or until an instant-read thermometer registers 170°F when inserted in chicken.
2. Meanwhile, for polenta, in large saucepan bring 3 cups *water* to boiling. In a bowl combine cornmeal, 1 cup *cold water*, and 1 tsp. *salt;* gradually stir into boiling water. Cook and stir until thick and bubbly. Reduce heat; stir occasionally. Remove and discard bay leaves. Serve chicken with polenta and olives. **SERVES 4.**

EACH SERVING *370 cal, 8 g fat, 66 mg chol, 575 mg sodium, 46 g carbo, 3 g fiber, 30 g pro.*

PORK KABOBS WITH ONION CAKES & PEANUT SAUCE

- 1 lb. pork tenderloin, cut in ½-inch slices
- 3 tsp. reduced-sodium soy sauce
- 2 tsp. Thai seasoning
- 1 bunch green onions (7 or 8), chopped
- ½ cup all-purpose flour
- ½ tsp. baking powder
- 1 egg, lightly beaten
- ¼ cup peanut butter
- 1 Tbsp. honey
- 1 carrot, shredded
- Fresh cilantro and lime wedges (optional)

1. Heat broiler. Thread pork on 8 skewers; brush with *1 tsp.* soy sauce and sprinkle *1 tsp.* of the Thai seasoning. Broil 3 to 4 inches from heat 8 minutes; turning once.
2. For cakes, combine onions, flour, baking powder, ½ cup *water*, egg, and *1 tsp.* of the Thai seasoning. In 12-inch skillet heat 2 tsp. *vegetable oil* over medium-high. Spread batter in skillet; cook 10 to 12 minutes, turning once. Cut in wedges.
3. For sauce, in microwave-safe bowl combine peanut butter, honey, *remaining* soy sauce, and ⅓ cup *water*. Cook on high 30 seconds. Whisk; cook 15 seconds more. Serve kabobs with cakes, sauce, carrot, cilantro, and lime. **SERVES 4.**

EACH SERVING *346 cal, 14 g fat, 127 mg chol, 515 mg sodium, 23 g carbo, 3 g fiber, 32 g pro.*

RIGATONI WITH BROCCOLI, BEANS & BASIL

- 8 oz. dried rigatoni (about 3½ cups)
- 2 cups fresh broccoli florets
- 1 19-oz. can cannellini beans, rinsed and drained
- 2 tsp. minced garlic
- ¼ cup olive oil
- ¼ cup snipped fresh basil leaves
- 2 slices bread, cut in small cubes
- ¼ tsp. crushed red pepper
- Snipped fresh basil (optional)

1. In Dutch oven cook pasta according to package directions, adding broccoli during last 5 minutes of cooking. Reserve ¾ cup of the pasta cooking water. Drain pasta and broccoli; return to pan.
2. Meanwhile, in large bowl combine beans, garlic, and *3 Tbsp.* of the oil. Mash about ½ cup of the bean mixture. Stir in basil, pasta water, and ½ tsp. *salt*. Stir into pasta and broccoli in Dutch oven. Cover and keep warm.
3. For croutons, in skillet heat *remaining* oil over medium heat. Add bread cubes and red pepper. Cook and stir 1 to 2 minutes, until crisp. Top pasta with croutons and basil. **SERVES 4.**

EACH SERVING *456 cal, 15 g fat, 0 mg chol, 601 mg sodium, 70 g carbo, 9 g fiber, 17 g pro.*

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FRESH-PICKED

baby greens

Bring spring to the plate with young greens that are harvested at their most tender.

HOW TO BUY Available in bulk or packaged blends, mixed baby greens can also be labeled as "Spring Mix" or "Field Mix," and include varieties such as arugula, spinach, frisée, dandelion, endive, and radicchio. Check dates and avoid packages with discolored or wilted greens. One 10-oz. package equals about 8 cups.

HOW TO STORE Remove any wilted leaves. Keep packaged blends in their original container. If bought from a bulk bin, add a paper towel to bag to absorb any moisture. Refrigerate in crisper up to 5 days.

HOW TO SERVE Soak greens in a large bowl of cold water for a few minutes to wash and crisp the leaves. Washing prewashed blends is optional, but can be done as an extra measure of caution. Drain and dry well on a clean kitchen towel or paper towels. Baby greens can do more than salad—try them folded into pasta with olive oil, lemon juice, salt, and pepper.

PHOTO: ANDY LYONS; FOOD STYLING: JILL LUST; BABY GREENS COURTESY WORLD VARIETY PRODUCE/MELISSAS.COM

better cook

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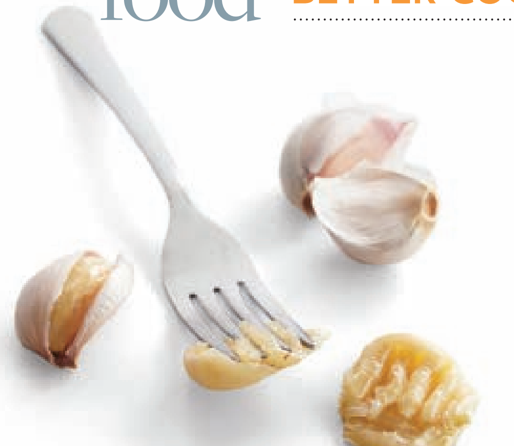

COOK'S TIP

Love roasted garlic? For a quick fix, heat whole cloves in the microwave for about 20 seconds or until soft. Pop cloves from their skins and mash. Smear on bread or add to mashed potatoes.

NEW WAYS WITH dijon mustard

If you're only using this staple on hot dogs and sandwiches, you're missing out on flavor.

Dijon-brushed salmon

Whisk together a heaping tablespoon of Dijon mustard with a little olive oil, honey, and tarragon. Brush on a salmon fillet and bake at 375°F for 25 to 30 minutes.

Tangy tuna pasta salad

Stir 1 tablespoon Dijon mustard, 2 tablespoons mayo, and a drizzle of olive oil into canned tuna. Sprinkle with parsley and black pepper. Toss with pasta.

Curry veggie dip

Mix 2 tablespoons Dijon mustard, 1 tablespoon honey, and 1 teaspoon curry powder into a cup of sour cream.

TIME-SAVER

Don't trash unused diced veggies and ground meat. Stash them in a meat loaf grab-bag. Place chopped peppers, onions, carrots, or sausage in small zip-top bags, then into a large freezer bag. Pull and thaw what you need—the prep work is done. For meat loaf recipes see page 197.

LEFTOVERS

Your St. Pat's corned beef and cabbage can be revamped into these tasty bite-size snacks. Top purchased waffle fries with thin slices of corned beef, shredded red and green cabbage, and Thousand Island dressing.

better tool

Bamboo Slotted Spoon Opt for a more environmentally friendly spoon. Use this slotted version to find lumps when stirring custards and gravies, or to fish out simmered vegetables.

WE LIKE The spoon is made from a renewable resource, and has a lifetime guarantee. It's also a handsome addition to the utensil crock. Oneida Bamboo Spoon, $6; *oneida.com*

Clorox® disinfecting products are effective against germs that make kids sick, like Influenza A, including the 2009 H1N1 flu virus.*

*The Environmental Protection Agency (EPA) believes, based on available scientific information, that the currently registered influenza A virus products will be effective against the 2009-H1N1 flu strain and other influenza flu strains on hard, non-porous surfaces. ©2009 The Clorox Company. Use as directed.

Easy Chicken & Cheese Enchiladas

French Onion Burgers

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"I keep flavored applesauce on hand to use as a substitute when I run out of yogurt while making smoothies."

MAGGIE MEYER, GRAPHIC DESIGNER, *BETTER HOMES AND GARDENS*®

meet the mixer

Cathy Wiechert, aka Cwiech on *mixingbowl.com,* our social networking site for foodies, loves to find new dishes to try. Once a month Cathy and her friends get together for dinner to try out new recipes. "The person hosting selects a main dish, and the rest of us fill in with side dishes, drinks, and appetizers," says Cathy. "It's a great way to make things we normally wouldn't try with our families." Find Cathy at *mixingbowl.com/user/Cwiech.*

Mixing Bowl
Food and friends made fresh daily

TRIED THIS? Made from leaves of the stevia plant, Truvia is a natural no-calorie sweetener that can be used in baking as a sugar substitute, or for just sprinkling on pancakes and fruit. It has no effect on glycemic index, making it a sweetening option for diabetics or anyone limiting sugar intake. 866/853-6077 or *truvia.com* for where to buy.

site-seeing ...

RECIPE.COM brings together thousands of recipes from brands you trust, ranging from top food magazines (like us!) to cookbooks, chefs, and food companies. Sharpen your skills in the kitchen with downloadable, easy-to-use guides. And save money by using the site's Recipe $aver, a cool tool for finding specials at stores in your area (see "Coupon Sites," *page 24*). Every recipe—from apple pie to beef stew—has a mouthwatering photograph, so it's fun to just browse, too.

Chicken with Sun-Dried Tomatoes

Prep: 10 min. Cook: 20 min. Makes: 4 servings

- 3 tbsp. olive oil
- 4 skinless, boneless chicken breast halves
- 1 shallot, finely chopped*
- 1 can (10¾ oz.) Campbell's® Condensed Cream of Mushroom Soup (Regular **or** 98% Fat Free)
- ¾ cup water
- ¼ cup thinly sliced sun-dried tomatoes
- 1 tbsp. red wine vinegar
- 2 tbsp. chopped fresh basil leaves
- 4 cups hot cooked extra wide egg noodles
- ¼ cup shredded Parmesan cheese (optional)

1. Heat **2 tbsp.** oil in skillet over medium-high heat. Add chicken and cook 10 min. or until well browned on both sides. Remove chicken from skillet.
2. Heat remaining oil in skillet over medium heat. Add shallot and cook and stir 2 min. Stir soup, water, tomatoes, vinegar and basil in skillet.
3. Return chicken to skillet and heat to a boil. Reduce heat to low. Cook 5 min. or until chicken is cooked through. Serve chicken and sauce over noodles. Sprinkle with cheese and thinly sliced basil, if desired.

*Or substitute **1 tbsp.** finely chopped onion.

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mac and cheese

by RICHARD SWEARINGER
with JEANNE AMBROSE
photos ANDY LYONS
food styling JILL LUST
recipe LAURA MARZEN, R.D.

Nothing-to-it substitutions give this classic comfort dish a healthier spin: less fat, fresh veggies, the same cheesy goodness.

what makes it better

COLORFUL VEGGIES Broccoli boosts the bone-building calcium and the infection-fighting vitamin C in this dish.

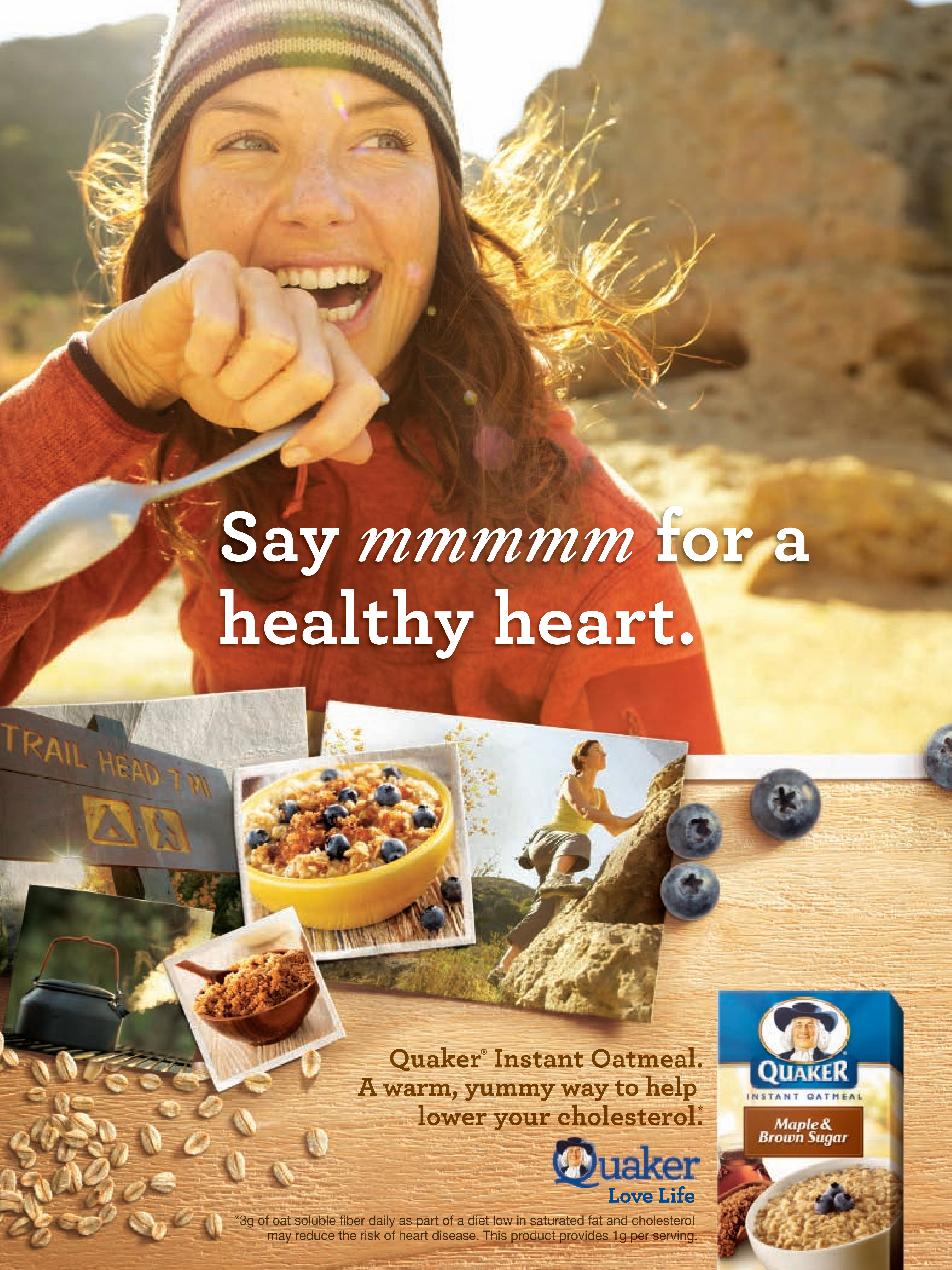
REAL CHEESE Subsituting reduced-fat cheddar for regular cheese brings down fat grams without sacrificing flavor.

WHOLE GRAIN PASTA Manage your weight with whole grain options rich in hunger-squelching fiber and protein. See "Spotlight on Whole Grain Pasta," *page 188*.

FRESH HERBS Snipped parsley or oregano adds lively taste and aroma and increases the appeal of healthful eating.

BETTER BREAD CRUMBS A crunchy topping on mac is a must. These crumbled pieces of whole wheat baguette bump up both fiber and protein.

THE BOTTOM LINE: Compared to our *Better Homes and Gardens* classic macaroni and cheese, this version has: 40% less fat, 34% less sodium, and 30% fewer calories.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MACARONI AND CHEESE

Looking beyond cheddar? Consider part-skim mozzarella, goat cheese, or low-fat pepper Jack.

START TO FINISH: 35 MIN.

- 7 oz. dried multigrain or whole grain rotini pasta (1½ cups)
- Nonstick cooking spray
- 1½ cups broccoli florets, finely chopped carrots, or green beans, cut in ½-inch pieces
- ¼ cup finely chopped onion
- 4 tsp. olive oil
- 1 6.5-oz. pkg. light semisoft cheese with garlic and herb
- 1⅔ cups fat-free milk
- 1 Tbsp. all-purpose flour
- ½ cup reduced-fat shredded cheddar cheese (2 oz.)
- 2 oz. Asiago, Gruyère, or Manchego cheese, shredded (½ cup)
- ½ cup crumbled whole wheat baguette or panko (Japanese-style bread crumbs)
- Flat-leaf parsley or oregano

1. Heat oven to 425°F. In a medium saucepan cook the pasta according to package directions. Add broccoli, carrots, or beans during last 3 minutes of cooking . Drain pasta mixture. Return to pan; keep warm.

2. Meanwhile, in large saucepan cook onion in 2 tsp. of the oil over medium heat for 5 minutes or until tender, stirring occasionally. Remove pan from heat. Add semisoft cheese; stir until cheese is melted and combined.

3. In a medium bowl whisk together milk and flour until smooth. Add all at once to onion mixture. Cook and stir over medium heat until thickened and bubbly. Reduce heat to low. Stir in cheddar and Asiago cheeses until cheeses are melted. Add cooked pasta mixture; stir to coat.

4. Transfer pasta mixture to 2-quart casserole. In small bowl combine baguette crumbles and remaining 2 tsp. oil; sprinkle on pasta mixture. Bake, uncovered, 10 to 15 minutes or until top is browned. Sprinkle with parsley. **SERVES 6.**

EACH SERVING *332 cal, 15 g fat (7 g sat. fat), 39 mg chol, 455 mg sodium, 34 g carbo, 3 g fiber, 17 g pro.*

{ spotlight on }

whole grain pasta

BETTER NUTRITION
It may sound like a carb lover's dream, but switching to whole grain pasta puts a crimp on weight gain, because it takes less to make you feel full. Eating whole grains also cuts the risk of heart disease and diabetes up to 25 percent, says Len Marquart, Ph.D., R.D., of the University of Minnesota. Compared to plain pasta, whole grain pastas are loaded with fiber, protein, vitamins, and minerals—all of which help cut disease risk.

OPTIONS FOR ALL People on gluten-free or low-glycemic diets can enjoy whole grain pasta. "Gluten-free doesn't mean giving up grains," says Kerry Neville, Seattle spokesperson for the American Dietetic Association. "There are many gluten-free whole grains: aramanth, buckwheat, millet, quinoa, teff, and sorghum." Find details on healthful pastas at *dreamfieldsfoods.com* or *barillaus.com*. For more recipes, visit *BHG.com/mac*.

BETTER TASTE New milder-tasting varieties of whole wheat and other grains, such as barley, give pasta a delicious flavor. Refined methods of processing whole grains into fine flour have created a more tender texture.

> "When buying whole grain pasta, check the nutrition label and look for at least 3 grams of fiber per serving."
>
> —LAURA MARZEN, R.D., *BETTER HOMES AND GARDENS* TEST KITCHEN NUTRITION EXPERT

4 MAC 'N' CHEESE CHANGE-UPS

1. For a fully-loaded, protein-packed version, into the basic recipe stir 1 cup chopped cooked chicken or 1 cup smoked Italian turkey sausage.

2. Appeal to grown-up tastes by using smoked cheddar or smoked Gouda instead of the Asiago, Gruyère, or Manchego cheese.

3. Stir in Southwestern flavor with 1 cup rinsed, drained canned black beans and ¼ tsp. habañero sauce or bottled hot pepper sauce. Before serving, sprinkle with fresh snipped cilantro.

4. Add more crunch. After dishing up servings, top with apple slices. Golden Delicious, Granny Smith, or any other variety are all good. For maximum nutrition leave the peel on.

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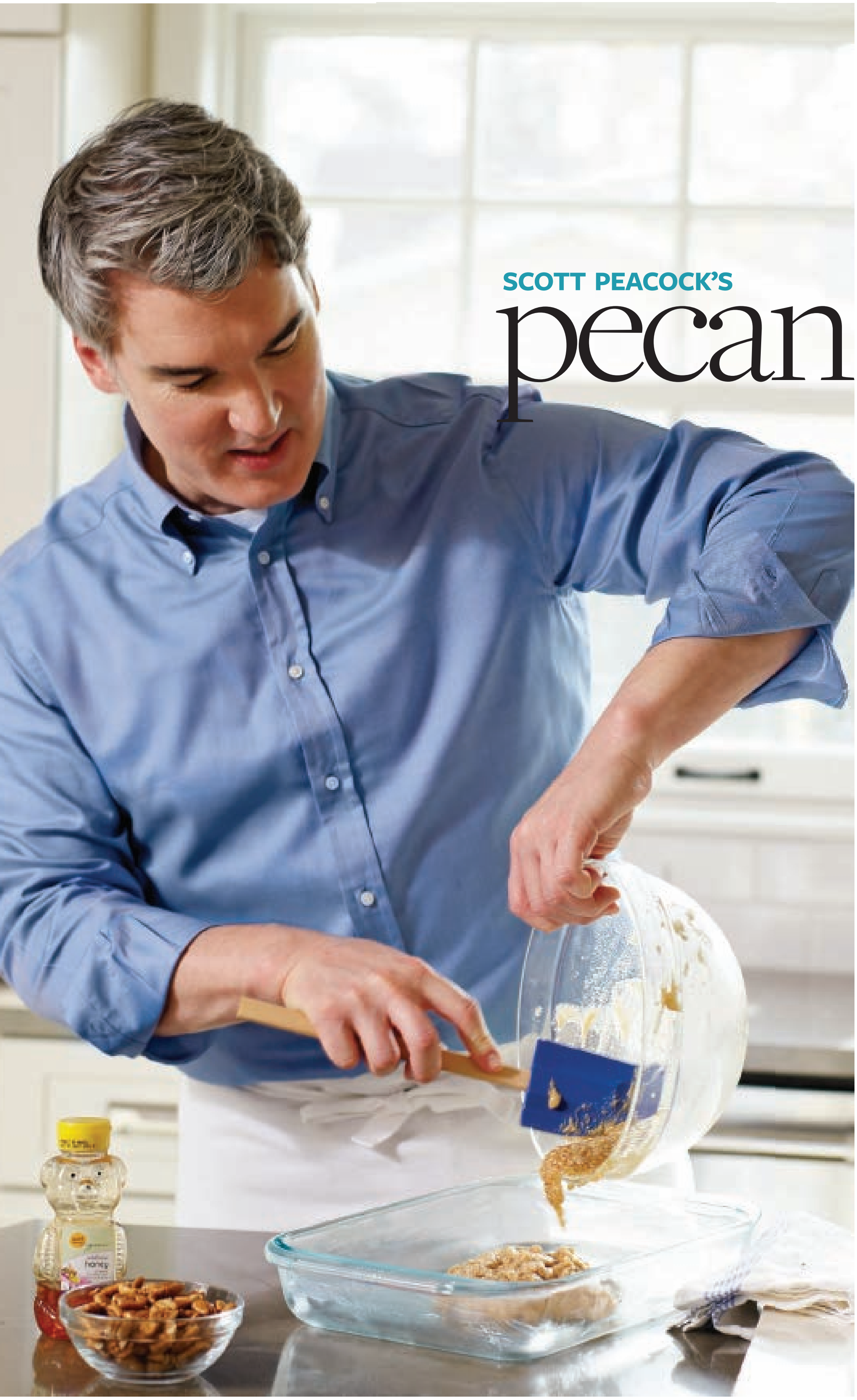

SCOTT PEACOCK'S

pecan rolls

These caramelly treats deliver rewards from start to finish: The dough is a pleasure to roll and shape. While the rolls are in the oven, the aroma of baking fills the house. And faces light up when you turn out a dozen perfectly browned breakfast delights. As Scott says, “Pecan rolls are world peace in a thirteen-by-nine pan.”

by RICHARD SWEARINGER produced by NANCY WALL HOPKINS and SCOTT PEACOCK photos ANDY LYONS recipe SCOTT PEACOCK food styling JILL LUST

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the ideal pecan rolls

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INGREDIENTS

DOUGH

- ¼ cup warm water (105°–110°F)
- 1 pkg. active dry yeast
- ¾ cup milk
- 6 Tbsp. unsalted butter, cut up
- ¼ cup crème fraîche or sour cream
- 2 eggs
- 4½ cups unbleached all-purpose flour
- ¼ cup granulated sugar
- 1 Tbsp. kosher salt

TOPPING

- ½ cup unsalted butter, softened
- 1 cup packed brown sugar
- ¼ cup mild honey
- Pinch salt
- 3 Tbsp. water
- 1 cup pecan halves

FILLING

- ¼ cup unsalted butter, melted
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- 1 tsp. freshly ground Ceylon cinnamon or ground cinnamon
- Pinch salt
- ½ cup chopped pecans, lightly toasted
- ½ cup pitted chopped Medjool dates

STIR DOUGH TOGETHER In bowl of a stand mixer stir together water and yeast; let stand until foamy. Meanwhile, in a small saucepan over low, heat milk just until it begins to steam. Add the 6 tablespoons cut-up butter and crème fraîche. Stir until just melted. Cool. Stir milk-butter-crème fraîche mixture into yeast mixture along with eggs and 1½ cups of the flour. Add the granulated sugar and the 1 tablespoon kosher salt. Beat with the stand mixer on low speed for 30 seconds, scraping bowl. **MIX UNTIL SMOOTH** Gradually beat in remaining 3 cups flour with mixer for 3 to 4 minutes until dough begins to pull away from sides of bowl and is only slightly sticky. "Don't be tempted to add more flour," says Scott. **LET IT RISE** Transfer dough to a bowl. Cover surface of dough with plastic wrap that has been lightly coated with softened *butter*, then cover bowl with second piece of plastic wrap. Let rise in a warm place until double in size (about 90 minutes). "Don't rush it. Slow rising creates better flavor," says Scott.

MAKE STICKY TOPPING While dough is rising, butter sides of a 3-quart rectangular glass baking dish. In a medium bowl stir together the ½ cup softened butter, the 1 cup brown sugar, honey, and pinch of salt until well-combined. Stir in the 3 tablespoons water. **SPREAD IN PAN** Transfer topping to pan and with a spatula distribute in an even layer. **ADD NUTS** Scatter pecan halves over butter-sugar mixture. "Look for fresh pecans. I prefer Georgia's," Scott says. "Buy a pound and keeping them in the freezer—it's less expensive than buying a few ounces at a time. I order my pecans from Pearson Farms." (*pearsonfarm.com*)

Oscar Mayer
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ROLL OUT DOUGH Remove the risen dough from bowl and gently roll it out on a very lightly floured surface, to an 18×15-inch rectangle. **COAT WITH BUTTER** Spread the ¼ cup melted butter evenly over dough. **PREPARE FILLING** In a bowl combine granulated sugar, brown sugar, Ceylon cinnamon, and a pinch of salt. Sprinkle evenly on dough. Ceylon cinnamon has a sweeter flavor, a softer texture, and lighter color. It is available at *penzeys.com*.

SPRINKLE NUTS AND DATES Distribute the ½ cup chopped pecans and the dates over the dough. "The dates aren't traditional," says Scott, "They're a delicious surprise that echoes the flavor of the caramel on top." **FORM INTO ROLL** Tightly roll the dough beginning at one long side, keeping the roll as uniform as possible. Pinch the edges to seal the roll. **CUT INTO PORTIONS** Using a serrated knife, trim off both ends. Then cut the roll in 12 even slices. "When you slice the rolls, use a gentle, smooth, sawing motion," says Scott, "it prevents tearing."

TRANSFER ROLLS TO BAKING DISH Arrange rolls in the baking dish, evenly spacing them in 4 rows of 3 each. Then use your hands to gently press the rolls into the pecans. "You want them to rise down and out, as well as up," says Scott. **LET RISE AGAIN** Cover dish loosely with buttered plastic wrap and let rolls rise until fully doubled (about 60 minutes). Preheat oven to 375°F. Uncover and bake the rolls about 40 minutes, rotating the dish once and tenting loosely with foil if rolls begin to brown too quickly ("which they probably will," says Scott). **REST AND SERVE** Let pecan rolls stand on rack for 5 minutes. Invert onto serving platter. If made ahead, reheat, uncovered, 15 to 20 minutes in a 350°F oven or until warm.

Scott Peacock is executive chef of Watershed Restaurant in Decatur, Georgia. Want to learn more? Watch Scott demonstrate this recipe—and his other American Classics—at *bettertv.com*. For additional how-to photos log on to *BHG.com/americanclassics*.

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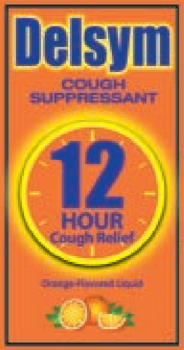

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Use as directed.

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dinner tonight

Bring a meat loaf dinner to the table with these quick sides and kid-friendly ideas:

SIDES TO SERVE

SALAD WITH BASIL-LEMON DRESSING Toss shredded romaine or leaf lettuce with diced tomato and cucumber. For dressing, blend a handful of fresh basil leaves and a clove of garlic with the juice of two lemons (about ¼ cup) in a blender. With blender running, slowly pour in ⅓ cup of olive oil until dressing is blended and thickened. Season with salt and freshly ground black pepper.

PARMESAN ROLLS Use take-and-bake rolls or bread sticks from the grocery story. Before baking, brush lightly with melted butter or olive oil and sprinkle with grated Parmesan cheese. Bake as directed.

PESTO POTATOES Cook about 2 lbs. of diced red-skin potatoes in lightly salted boiling water for about 10 to 12 minutes or until tender; drain. Coarsely mash and drizzle with purchased pesto.

FOR THE KIDS

Make it kid-friendly with mini loaves. Use an ice cream scoop to make large meatball-size loaves. Place on a rimmed baking sheet and bake at 400°F for 20 to 25 minutes, or until 160°F and no pink remains. Heat a tangy-sweet mix of ketchup, brown sugar, and cider vinegar (see topping for All-American Classic Meat Loaf, *page 198*) on stovetop and serve as a dip alongside the kid-size loaves.

Get creative with the mix—add some of your kids' favorites, like goldfish crackers or spaghetti. Generally to 2 lbs. of meat add about 2 cups of a starch such as bread crumbs, oatmeal, or cracker crumbs; a cup of liquid such as broth or tomato sauce; 2 eggs; and 1 to 2 cups of chopped vegetables and other seasonings.

NEXT-DAY GRILLED MEAT LOAF SANDWICHES

These sandwiches, made with the All-American Classic Meat Loaf, page 198, are grilled indoors on a grill pan. Or reheat in a skillet over medium-high heat until slices are well browned on each side.

PREP: 15 MIN. GRILL: 8 MIN.

- 2 ¾-inch slices All-American Classic Meat Loaf, *page 198*
- 2 slices provolone cheese (optional)
- 2 Tbsp. mayonnaise
- 1 tsp. bottled minced roasted garlic
- ⅓ cup bottled roasted red sweet peppers, cut in thin strips
- 4 slices bread (potato or sourdough)
- ½ cup fresh baby arugula or baby spinach

1. Lightly grease indoor electric grill or grill pan, then preheat over medium heat. Place meat loaf slices on grill (see "Quick Grill," below). Grill 8 minutes or until heated through, carefully turning once halfway through grilling. Top with cheese. Grill 1 to 2 minutes more or until cheese is melted.

2. In small bowl combine mayonnaise, roasted garlic, and *2 Tbsp.* of the roasted red peppers that have been finely chopped. Mash with a fork to combine. Spread mayonnaise mixture on one side of each bread slice. Top two slices with warmed meat loaf slices, arugula, remaining roasted red pepper strips, and remaining bread slices. **MAKES 2 SANDWICHES.**

EACH SANDWICH *560 cal, 27 g fat, 118 mg chol, 1,209 mg sodium, 45 g carbo, 2 g fiber, 32 g pro.*

quick grill

Who knew you could grill meat loaf? Try grilling sliced leftovers on a grill pan. Be sure to lightly grease pan with oil or nonstick cooking spray and to carefully place, turn, and remove the slices to keep them in one piece.

ALL-AMERICAN CLASSIC MEAT LOAF

This loaf has ground meat from two cuts of beef—sirloin for its beefy flavor and chuck for moistness and tender texture.

PREP: 20 MIN. BAKE 1½ HR. OVEN: 350°F

- 2 eggs, lightly beaten
- ⅔ cup beef broth or dry red wine
- 1 Tbsp. Worcestershire sauce
- 3 slices sourdough bread, cubed (about 2 cups)
- ¼ cup grated Parmesan or Romano cheese
- 2 Tbsp. yellow mustard
- 4 cloves garlic, minced
- ¼ tsp. crushed red pepper
- 1 lb. ground beef sirloin
- 1 lb. ground beef chuck
- 1 medium green sweet pepper, chopped
- ½ a medium onion, chopped
- ½ cup ketchup
- 2 Tbsp. packed brown sugar
- 2 tsp. cider vinegar
- Chopped fresh parsley, sliced green onions, and black pepper (optional)

1. Preheat oven to 350°F. In large bowl combine eggs, broth, and Worcestershire sauce; stir in bread cubes. Let stand 15 minutes. With fork, mash bread cubes into small pieces. Stir in Parmesan cheese, mustard, garlic, 1 tsp. *salt*, ½ tsp. *black pepper*, and crushed red pepper. Add meat, sweet pepper, and onion. Using hands, mix ingredients together well (do not overmix.) Lightly pat meat mixture into 9×5×3-inch loaf pan.* With fingers, lightly pull loaf away from sides of pan (see "Shape and Bake," *right*).
2. Bake, uncovered, for 1¼ hours. For topping, in small bowl stir together ketchup, brown sugar, and vinegar. Spoon on loaf. Bake 15 minutes more or until an instant-read thermometer inserted into center of loaf reads 160°F.
3. Let stand 10 minutes. To remove, use two large spatulas inserted along short edges to lift loaf from the pan to a platter. Sprinkle with parsley, green onions, and black pepper. **MAKES 8 TO 10 SERVINGS.**

*Or shape the meat mixture in a 9-inch loaf in a baking dish. Bake as directed.

EACH SERVING *312 cal, 15 g fat, 113 mg chol, 778 mg sodium, 16 g carbo, 1 g fiber, 28 g pro.*

ROLLED TURKEY LOAF

Italian sausage spices up mild, lean ground turkey. The filling has bold flavor from dried tomatoes and pancetta—a cured meat similar to bacon. See "Roll in Flavor," right.

PREP: 30 MIN. BAKE: 1 HR. STAND: 10 MIN. OVEN: 350°F

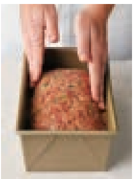
- 4 oz. pancetta, chopped
- 2 cups chopped portobella mushrooms
- 2 cups fresh mozzarella cheese, cubed (8 oz.)
- ½ cup oil-packed dried tomatoes, drained and chopped
- 2 eggs, lightly beaten
- ½ cup chicken broth
- 2 cups soft bread crumbs
- ½ cup Romano cheese, finely shredded (2 oz.)
- 2 cloves garlic, minced
- 1 tsp. Italian seasoning, crushed
- 1 lb. uncooked ground turkey
- 8 oz. bulk Italian sausage
- Fresh oregano
- 1 recipe Sautéed Green Beans and Onions, *below*

1. Preheat oven to 350°F. In large skillet cook pancetta until crisp; remove from skillet with slotted spoon and drain on paper towels. Drain all but *1 Tbsp.* drippings from skillet. Cook mushrooms in drippings until tender and all liquid has evaporated; cool.
2. For filling, in medium bowl combine pancetta, mushrooms, mozzarella, and dried tomatoes; set aside.
3. In large bowl combine eggs and chicken broth. Stir in bread crumbs, Romano cheese, garlic, Italian seasoning, and ½ tsp. *salt*. Stir in turkey and sausage.
4. On heavy-duty foil or parchment, pat meat mixture in a 9×12-inch rectangle. Evenly sprinkle filling on meat mixture. From one long end of foil or parchment, begin rolling the meat mixture jelly-roll-style. Transfer the roll, seam side down, to a 15×10×1-inch baking pan (See "Roll in Flavor," *right*).
5. Bake, uncovered, for 1 hour or until an instant-read thermometer inserted into the center of the loaf reads 160°F. Let stand 10 minutes before slicing. Top with oregano. Serve with Sautéed Green Beans and Onions. **MAKES 8 SERVINGS.**

SAUTÉED GREEN BEANS AND ONIONS In a Dutch oven bring 2 quarts salted water to boiling. Add 2 lb. trimmed fresh green beans. Simmer, covered, for 4 to 5 minutes. Drain, then plunge into ice water to halt cooking. Drain and pat dry with paper towels. (Beans may be covered and refrigerated up to 24 hours.) In 12-inch large skillet heat 1 Tbsp. olive oil and 1 Tbsp. butter over medium-high heat. Add 1 small thinly sliced red onion and cook until softened and beginning to brown. Add green beans to skillet. Cook and stir for 5 minutes or until heated through. Season to taste with salt and pepper.

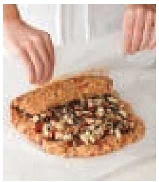
EACH SERVING *482 cal, 32 g fat, 161 mg chol, 1,100 mg sodium, 19 g carbo, 5 g fiber, 29 g pro.*

shape and bake



When shaping meat loaf, as in All-American Classic Meat Loaf, *left*, in a 9×5×3-inch pan, use a light touch. Packing it tightly will make the loaf dense and tough. For even browning and to prevent drippings from pooling on the loaf, use your fingers to round the top while pushing the sides away from the edges of the pan.

roll in flavor



For extra flavor, cheese and veggies are rolled into Rolled Turkey Loaf, *left*. To shape, place the turkey mixture on parchment or heavy-duty foil. Pat to a 9x12-inch rectangle, then evenly sprinkle with the filling. Beginning at one long side, roll up jelly-roll style, using the parchment to lift and roll. Once rolled, lift using the parchment and transfer to a foil-lined, rimmed baking pan. Use your hands to adjust the loaf seam-side down.

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Mama's Best Ever Spaghetti & Meatballs

4 servings
Prep time: 20 minutes
Cook time: 20 minutes

1 lb. ground beef
1/2 cup Italian seasoned dry bread crumbs
1 egg
1 jar (1 lb. 10 oz.) Ragú® Old World Style® Pasta Sauce
8 oz. spaghetti, cooked

1. Combine ground beef, bread crumbs and egg; shape into 12 meatballs.

2. Bring Sauce to a boil in 3-quart saucepan. Stir in uncooked meatballs.

3. Reduce heat; simmer covered, stirring occasionally, 20 minutes or until meatballs are done. Serve over spaghetti.

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SLOW COOKER TACO MEAT LOAF

For this loaf, the slow cooker determines the shape—round or oval. No slow cooker? Follow the oven variation, right.

PREP: 30 MIN. COOK: 5 HR. LOW, 2½ HR. HIGH STAND: 10 MIN.

- 3 eggs, lightly beaten
- 1 28-oz. can fire-roasted crushed tomatoes
- ¾ cup crushed tortilla chips
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 tsp. ground cumin
- 1 tsp. smoked paprika or chili powder
- 1 lb. ground beef
- 1 lb. ground pork
- 1 cup frozen whole kernel corn
- ½ cup Monterey Jack cheese with jalapeño peppers, shredded (2 oz.) (optional)
- Corn tortillas, warmed (optional)
- 1 recipe Smoky Tomato Salsa, *right*
- Sliced avocado, green onions, whole kernel corn, and cilantro (optional)
- Lime wedges (optional)

1. In large bowl combine eggs, *½ cup* of the crushed tomatoes (reserve remaining tomatoes for Smoky Tomato Salsa), and crushed tortilla chips. Stir in onion, garlic, cumin, paprika, and ½ tsp. *each salt* and *black pepper.* Add beef, pork, and corn; mix well. Shape mixture into a round loaf or oblong loaf to fit the slow cooker.

2. Crisscross three 18-inch strips of foil, folded to double thickness (see "Slow Easy," *right*). Place meat loaf in center of strips. Bring up foil strips to lift and transfer meat and foil to a 3½- or 4-quart slow cooker. (If needed, push meat away from side of slow cooker to avoid burning).

3. Cover; cook on low for 5 to 6 hours or on high for 2½ to 3 hours, or until an instant-read thermometer inserted into the center of loaf reads 160°F.

4. Using foil strips, carefully lift meat loaf from cooker and place on cutting board. Pull foil from meat; discard. Scrape off any drippings from meat and discard. Sprinkle with cheese. Let stand 10 minutes. Serve with corn tortillas, Smoky Tomato Salsa, avocado, green onion, cilantro, corn, and lime wedges. **MAKES 8 SERVINGS.**

OVEN VARIATION Preheat oven to 350°F. Place shaped loaf in shallow baking pan. Bake for 1¼ hours or until an instant-read thermometer inserted into center of loaf reads 160°F. Sprinkle with cheese and serve as directed in main recipe

SMOKY TOMATO SALSA In medium bowl combine reserved tomatoes; 1 green sweet pepper, chopped; ⅓ cup chopped green onions; ¼ cup chopped fresh cilantro; 2 minced, seeded jalapeño peppers;* 1 Tbsp. lime juice; and ¼ tsp. salt.

*Hot peppers, such as jalapeños, contain oils that can burn skin and eyes. Avoid direct contact with them and wear plastic or rubber gloves. If bare hands touch the peppers, wash well with soap and water.

EACH SERVING *405 cal, 25 g fat, 159 mg chol, 598 mg sodium, 20 g carbo, 3 g fiber, 25 g pro.*

slow easy

To place meat loaf in and lift out of a slow cooker while keeping it intact, make a foil sling. Tear off three 18-inch strips of foil folded to double thickness. Crisscross the strips in a spoke-like fashion. Place the loaf in the center of the spokes. Lift the ends of the foil strips to transfer the loaf to the cooker, leaving the foil in place during cooking. Use the foil again to lift the loaf from the cooker to a serving platter. Gently pull foil strips away from the loaf and discard.

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food MEAT LOAF RECIPES

PASTA AND MEATBALLS MEAT LOAF

With penne pasta folded in, these loaves will not be completely smooth. The best tool for combining the ingredients is your hands so that the pasta does not break up and crumble as it's mixed in. Substitute spaghetti for a more kid-friendly variation.

PREP: 30 MIN. BAKE: 25 MIN. OVEN: 375°F

- ½ cup dried mini penne pasta (2 oz.)
- 4 long individual-size ciabatta rolls or hoagie rolls
- 1 medium onion, chopped
- ½ cup chopped yellow or red sweet pepper
- 3 cloves garlic, minced
- 1 Tbsp. olive oil
- 2 eggs, lightly beaten
- ¾ cup milk
- ⅔ cup fine dry bread crumbs
- 2 tsp. Italian seasoning, crushed
- 1½ lb. ground beef
- ¼ cup grated Parmesan cheese
- 1 recipe Garlic Butter, *right*
- 1 cup bottled pasta sauce, warmed
- Shaved Parmesan cheese
- 1 recipe Toasted Bread Crumbs, *right*
- Fresh Italian (flat-leaf) parsley

1. Preheat oven to 375°F. Cook pasta according to package directions; drain. Rinse and cool completely. Halve three rolls lengthwise; set aside. Use remaining roll and prepare Toasted Bread Crumbs, *right*.
2. In large skillet cook onion, sweet pepper, and garlic in hot oil over medium heat for 5 minutes or until tender.
3. In large bowl combine eggs, milk, ⅔ cup of the Toasted Bread Crumbs, ½ tsp. *salt*, and Italian seasoning. With hands, fold in ground beef, cooked pasta, ¼ cup Parmesan cheese, and cooked vegetables. Form in six 6×3-inch oblong loaves (loaves will appear bumpy rather than smooth). Place in shallow baking pan.* Bake, uncovered, 25 minutes or until an instant-read thermometer inserted into center of loaves reads 160°F.
4. Spread split rolls with Garlic Butter. Bake about 10 minutes or until golden brown. Top each toasted roll half with warm pasta sauce and a mini loaf. Sprinkle with shaved Parmesan, remaining Toasted Bread Crumbs, and snipped fresh parsley.

MAKES 6 SERVINGS.

GARLIC BUTTER In small skillet cook 2 cloves of thinly sliced garlic and ½ tsp. dried basil in 3 Tbsp. of butter until garlic is tender.

TOASTED BREAD CRUMBS Tear one roll in pieces and add to food processor or blender. Process or blend until coarse crumbs form. In 8-inch skillet, toast bread crumbs in 1 Tbsp. melted butter over medium heat until lightly browned. Remove ⅔ cup to add to the meat loaf mix. Use remaining crumbs for topping the meat loaves.

* If necessary, place loaves in two shallow baking pans and rotate pans on oven racks halfway through baking time.

EACH SERVING *705 cal, 40 g fat, 180 mg chol, 986 mg sodium, 53 g carbo, 3 g fiber, 33 g pro.*

WEEKNIGHT MEAT LOAF WITH HERBED POTATOES

This Mediterranean-flavored loaf is unique because it's easily patted into a square baking dish and cooks faster. It's denser than some of the other loaves because it just has one egg for the two pounds of meat.

PREP: 45 MIN. OVEN: 350°F BAKE: 45 MIN. STAND: 10 MIN.

- 1 egg, lightly beaten
- ½ cup plain low-fat yogurt
- 1 medium onion, finely chopped
- ⅓ cup fine dry bread crumbs
- 1 Tbsp. snipped fresh oregano
- 2 tsp. snipped fresh mint
- 2 tsp. finely shredded lemon peel
- 3 cloves garlic, minced
- 2 lb. ground beef or ground lamb
- ⅓ cup crumbled feta cheese
- 2 Roma tomatoes, thinly sliced
- 1 lemon, cut in thin wedges
- ½ a medium cucumber, cut up
- Feta cheese (optional)
- 1 recipe Herbed Potatoes, *right*

1. Preheat oven to 350°F. Line bottom of a 9×9×2-inch baking pan with parchment paper or foil; set aside.

2. In large bowl combine egg, yogurt, onion, bread crumbs, oregano, mint, lemon peel, garlic, and 1/2 tsp. *salt*. Add beef and 1/3 cup feta cheese. Mix lightly to combine. Evenly spread meat mixture into prepared baking pan, pressing into the corners and shaping a flat top (see "Press and Layer," right). Arrange tomato and lemon slices on the loaf.

3. Bake 45 to 50 minutes or until an instant-read thermometer inserted in center of loaf reads 160°F. Spoon or pour off fat. Let loaf stand 10 minutes. To serve, cut in squares; top with lemon, chopped cucumber, and mint. Serve with feta cheese and Herbed Potatoes. **MAKES 9 SERVINGS.**

HERBED POTATOES In large bowl, combine 2 lb. small red-skinned potatoes, sliced, and 2 Tbsp. olive oil. Place sliced potatoes on shallow parchment-lined baking pan. Bake in oven with meat loaf at 350° for 45 minutes, stirring occasionally. Remove from oven. sprinkle with 1 Tbsp. snipped fresh rosemary, 1/4 tsp. salt and 1/4 tsp. ground black pepper.

EACH SERVING *430 cal, 27 g fat, 101 mg chol, 379 mg sodium, 25 g carbo, 3 g fiber, 23 g pro.*

press and layer

Unlike most meat loaves, the Weeknight Meat Loaf, *left*, lets the pan do the work. Evenly press meat mixture into a 9-inch square baking pan, making sure to push mixture into the corners. Pat the surface flat and top with tomato and lemon slices.

Q:

How can I preserve lunchtime without any preservatives?

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GREENS, EGG, AND HAM LOAF

If prepared ahead, reheat by the slice in either a microwave or skillet. This loaf will be a little pink even when fully cooked due to the ground ham. See "Is It Done Yet?" right.

PREP: 30 MIN. BAKE: 1 HR. STAND: 10 MIN. OVEN: 350°F

- 2 eggs
- 1/3 cup apple cider
- 2/3 cup quick-cooking rolled oats
- 1/3 cup chopped green onions
- 1 Tbsp. Dijon-style mustard
- 1/2 tsp. poultry seasoning
- 12 oz. ground pork
- 12 oz. ground cooked ham
- 8 eggs
- 2 6-oz. pkg. fresh baby spinach
- 2 Tbsp. vegetable oil
- Fresh dill
- 1 recipe Quick Dill Sauce

1. Preheat oven to 350°F. In large bowl beat 2 eggs and cider with wire whisk to combine. Stir in oats, green onions, mustard, poultry seasoning, and 1/4 tsp. *black pepper.* Add pork and ham; mix well. Lightly pat mixture into an 8×4×2-inch loaf pan.
2. Bake for 1 to 1 1/4 hours or until an instant-read thermometer inserted into center of loaf reads 160°F. Spoon off fat. Let stand 10 minutes before serving.
3. Meanwhile, in large skillet heat *1 Tbsp.* hot oil over medium heat. Break *half* the eggs into skillet. Sprinkle with *salt* and *pepper.* Reduce heat to low. Cover and cook 3 to 4 minutes or until whites are completely set and yolks start to thicken. Repeat with *remaining* eggs. Remove from skillet; cover and keep warm.
4. In same skillet (wipe out pan with paper towel, if needed) cook spinach *half* at a time, in *1 Tbsp.* hot oil just until wilted. Remove from pan.
5. To serve, place some spinach on plate. Top with ham loaf slice, egg, Quick Dill Sauce, and fresh dill. **MAKES 8 SERVINGS.**

QUICK DILL SAUCE In small saucepan stir together 1/2 cup sour cream, 1/2 cup mayonnaise, 2 tsp. cider vinegar, and 1 tsp. Dijon-style mustard. Cook and stir over medium-low heat until hot. Thin with milk.

EACH SERVING *369 cal, 29 g fat, 125 mg chol, 736 mg sodium, 9 g carbo, 2 g fiber, 19 g pro.*

is it done yet?

The outside will look done before the inside is, so it's best to use an instant-read thermometer to check for doneness. Because all of these loaves contain egg, they should reach an internal temperature of at least 160°F. If you do not have a thermometer, check that the loaves are firm to the touch, juices run clear, and no pink remains. (The Ham Loaf will remain slightly pink because of the ground ham.)

WHO WANTS WATERY MASHED POTATOES?

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{ The classic comfort food without the meat? Totally yummy.

Combine lentils, brown rice, vegetables, and nuts to make a hearty vegetarian loaf that's packed with protein and flavor. Garam masala, which flavors this loaf, is a blend of warm to hot spices, such as nutmeg, black pepper, cumin, cinnamon, cardamom, and dried chiles.

NUTTY MEATLESS LOAF

Find garam masala in the spice aisle of supermarkets or in Indian food markets.

PREP: 30 MIN. BAKE: 35 MIN. STAND: 15 MIN. OVEN: 350°F

- 1¼ cups dry red or yellow lentils
- 2 medium carrots, shredded
- ¾ cup snipped dried apricots and/or golden raisins
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1½ tsp. garam masala or 2 tsp. Jamaican jerk seasoning
- 2 cloves garlic, minced
- 1 Tbsp. vegetable oil
- 3 eggs, lightly beaten
- 1½ cups cooked brown rice
- ¾ cup pecans, toasted and chopped
- ½ cup mango chutney
- ¼ cup chopped red sweet pepper
- ¼ cup chopped peeled fresh mango
- Cilantro leaves (optional)

1. Preheat oven to 350°F. In medium saucepan bring 3 cups *water* and lentils to boiling; reduce heat. Cover; simmer 10 to 15 minutes or until tender. Drain; set aside.
2. In 10-inch skillet cook carrots, apricots, onion, celery, garam masala, and garlic in hot oil over medium heat for 5 minutes or until tender, stirring occasionally.
3. In large bowl combine eggs, cooked lentils, carrot mixture, brown rice, *⅔ cup* of the nuts, *half* the chutney, and 1 tsp. *salt*.
4. Firmly press lentil mixture into a greased 9- or 9½-inch deep-dish pie plate. Bake, uncovered, 25 minutes. In small bowl combine *remaining* chutney with sweet pepper, mango, and *remaining* nuts.
5. Evenly spoon chutney mixture on loaf. Bake 10 minutes more or until chutney mixture is heated through (loaf should reach 160°F). Sprinkle with cilantro leaves. Let stand 15 minutes; cut in wedges to serve. **MAKES 8 SERVINGS.**

EACH SERVING *367 cal, 12 g fat, 79 mg chol, 496 mg sodium, 53 g carbo, 13 g fiber, 14 g pro.*

Q:
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Win Money

Enter your recipe to win money and prizes in our Prize Tested Recipes® Contest (*see page 209*).

Your original recipe could be worth up to $400. Winning recipes will be entered to win the 2010 annual Grand Prize—a selection of appliances from Frigidaire worth up to $10,000. Winner will choose from Frigidaire's new Professional line, including the microwave oven, *right*. Enter your original (never before published) recipes in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish four winning recipes (top two recipes in each category).

MONTHLY PRIZES

Two $400, two $200, ten $50 honor roll winners.

OCTOBER 2010 CATEGORIES

TAKE-ALONG TAILGATE NIBBLES Think about fall outdoor sports events and the snacks you serve to hungry fans, then send us your recipe. It could be a hot or cold dip—kept at the proper temperature in a slow cooker or insulated container—to accompany chips or veggies. Other ideas include foot-long (or shorter) meat and cheese sandwiches or hot meaty mixtures to serve on rolls. Your recipe entry can also be meat-and-cheese roll-ups, a sweet or savory cereal-nut mix, or any other snack that suits a tailgate gathering.

STUFFED PASTAS Try your hand at making a filling to stuff into any pasta of your choice. Make the stuffing with meat, cheese, and/or pureed or chopped veggies. Stuff jumbo macaroni shells or manicotti tubes. Make your own ravioli dough to fill and seal, or fill dumplings. Pick any shape—circle, square, rectangle, or half-moon. Then tell us how you serve stuffed pasta. Is there a sauce alongside, or is it baked in a savory sauce?

THIS MONTH'S WINNERS (*PAGES 209–210*)

$400 WINNERS Lynda Cameron-Bayer, Antioch, TN; Catherine A. Dempsey, Clifton Park, NY

$200 WINNERS Deb Bonar, Tuckerton, NJ; Jeanne Walker, Oxnard, CA

$50 HONOR ROLL WINNERS Erin Amabile, Los Banos, CA; Julie Bresette, Belton, MO; LaVaciette Davis, Frankfort, KY; Claudine Primack, Wolcott, CT; Trisha Kruse, Eagle, ID; Myra Lupo, Brooklyn, NY; Erin Pimpinella, Glassboro, NJ; Jane Shapton, Irvine, CA; Catherine Wilkinson, Dewey, AZ; Debbie Zahler, Portland, OR

CONTEST DETAILS

Subject to Official Rules at BHG.com/recipe/memberRecipes. No purchase necessary. Open to legal U.S. residents, 14 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, Iowa.

ENTRY March contest begins 2/15/10. By mail, send entries to: 1010 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Online, submit entry information in an e-mail to PTR@meredith.com. E-mail entries must be received by 11:59 p.m., CT, 3/25/10. Mail entries must be postmarked by 3/25/10 and received by 3/31/10.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in each of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- Entry must: (1) include recipe name and number of servings the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, and (5) include entrant name, age, complete address with ZIP Code, and telephone number with area code; e-mail address is optional.

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Arnold Sandwich Thins	Calories	Fiber	Fat
	100	5g	1g

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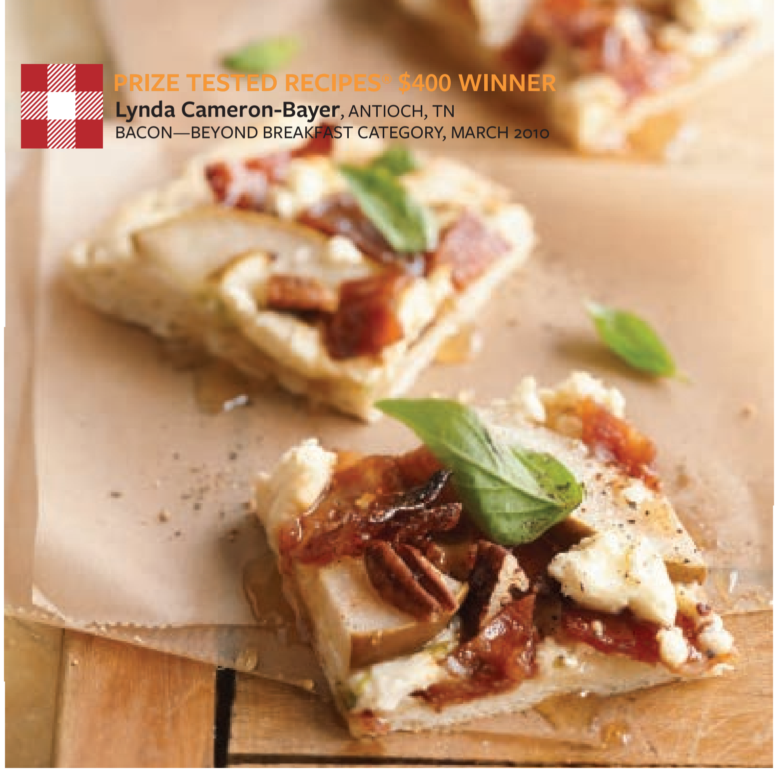

PRIZE TESTED RECIPES® $400 WINNER
Lynda Cameron-Bayer, ANTIOCH, TN
BACON—BEYOND BREAKFAST CATEGORY, MARCH 2010

SWEET BACON AND PEAR PIZZA

- Nonstick cooking spray
- 5 slices bacon
- ¼ cup packed brown sugar
- ¼ tsp. chili powder
- 1 pear, cored and sliced
- 1 tsp. lemon juice
- ½ an 8-oz. tub cream cheese
- ¼ cup chopped green onions
- 1 12-inch thin pizza crust (Boboli)
- ⅓ cup chopped pecans
- ⅓ cup crumbled feta cheese
- ¼ cup fresh basil
- Honey (optional)

1. Preheat oven to 400°F. Line bottom of rimmed baking pan with foil and spray with cooking spray. Arrange bacon slices on pan; set aside. In small bowl stir together brown sugar and chili powder. Generously sprinkle brown sugar mixture on bacon slices. Bake for 15 minutes or until browned; remove and set aside. Increase oven temperature to 450°F.
2. In small bowl toss together pear slices and lemon juice; set aside. In medium bowl stir together cream cheese, onions, and *black pepper* to taste. Place pizza crust on clean baking sheet. Spread cream cheese mixture on crust. Chop bacon and evenly sprinkle on cheese mixture. Arrange pear slices on bacon. Top with pecans and feta cheese.
3. Bake for 12 to 14 minutes or until cheese begins to brown. Sprinkle with basil and pass honey for drizzling. **MAKES 10 TO 12 APPETIZER SERVINGS.**

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK

PRIZE TESTED RECIPES® $400 WINNER
Catherine A. Dempsey, CLIFTON PARK, NY
HOT POTATOES CATEGORY, MARCH 2010

TUSCAN CHEESE POTATO BAKE

- 2 lb. red potatoes
- 3 or 4 cloves garlic, minced
- 1½ tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- ¼ cup butter
- 1 cup buttermilk
- 4 oz. fontina cheese, shredded (1 cup)
- 4 oz. Parmesan cheese, finely shredded (1 cup)
- ⅓ cup crumbled blue cheese
- ½ cup panko (Japanese-style bread crumbs)
- ¼ tsp. dried Italian seasoning, crushed
- 1 Tbsp. olive oil
- Snipped fresh parsley (optional)

1. Preheat oven to 400°F. Lightly grease a 2-quart square baking dish; set aside. Scrub potatoes; cut in 1-inch pieces. In large saucepan cook potatoes in lightly salted boiling water 12 to 15 minutes or until tender; drain.
2. In 12-inch skillet cook and stir garlic and thyme in butter over medium heat for 1 minute; add potatoes. Coarsely mash potatoes. Stir in buttermilk, ½ tsp. *salt*, and ¼ tsp. *black pepper*. Fold in fontina cheese, *half* of the Parmesan, and the blue cheese. Evenly spread in baking dish.
3. In small bowl combine *remaining* Parmesan, panko, Italian seasoning, and oil; toss with a fork to combine. Evenly sprinkle over potato mixture in dish. Bake for 20 minutes or until bubbly and top is golden. Sprinkle with snipped fresh parsley. **MAKES 8 TO 10 SERVINGS.**

For more bacon recipes, visit *BHG.com/bacon-recipes*

PRIZE TESTED RECIPES® CONTEST DETAILS *SEE PAGE 206*

PRIZE TESTED RECIPES® $200 WINNER
Deb Bonar, TUCKERTON, NJ
HOT POTATOES CATEGORY, MARCH 2010

ROASTED POTATO SALAD WITH CHUTNEY DRESSING

- 3 medium potatoes
- 3 Tbsp. olive oil
- ½ tsp. kosher salt or salt
- ¼ tsp. cayenne pepper (optional)
- ½ cup mango chutney
- 1 to 2 Tbsp. lemon juice
- 1 tsp. curry powder
- 2 cups lightly packed fresh baby spinach
- Pine nuts, toasted (optional)

1. Preheat oven to 425°F. Scrub potatoes and cut in ¾- to 1-inch pieces. In a 13×9×2-inch baking pan combine potatoes, *2 Tbsp.* of the oil, the salt, and cayenne pepper. Toss to coat. Roast, uncovered, for 25 to 30 minutes or until potatoes are tender, stirring occasionally.
2. Meanwhile, for chutney dressing, snip any large pieces of chutney. In small bowl combine chutney, *remaining* olive oil, the lemon juice, and curry powder. Add *half* the chutney dressing to hot potatoes. Toss to coat. Add spinach to hot potato mixture; toss gently. Sprinkle with pine nuts. Serve with remaining chutney dressing. **MAKES 8 TO 10 SERVINGS.**

Grand Prize **The best recipe of the year will be awarded a suite of appliances from Frigidaire worth up to $10,000.** **See *page 206* for details.**

photos BLAINE MOATS food styling GREG LUNA

PRIZE TESTED RECIPES® $200 WINNER
Jeanne Walker, OXNARD, CA
BACON—BEYOND BREAKFAST CATEGORY, MARCH 2010

BACON AND DRIED TOMATO SCONES

- ¾ cup dried tomatoes (not oil-packed)
- 2½ cups all-purpose flour
- 1 Tbsp. baking powder
- 1 tsp. dried basil, crushed
- 1 tsp. dried oregano, crushed
- ¼ tsp. garlic salt
- ¾ cup butter, cut up
- 8 slices bacon, crisp-cooked, drained, and crumbled
- ¼ cup sour cream
- 2 eggs, lightly beaten
- 2 Tbsp. milk
- ½ cup shredded mozzarella cheese
- Crisp-cooked bacon, crumbled (optional)

1. Preheat oven to 400°F. Place tomatoes in a bowl. Add enough boiling water to cover. Let stand 5 minutes. Drain well; chop tomatoes.
2. In large bowl combine flour, baking powder, basil, oregano, and garlic salt. Cut in butter until mixture resembles coarse crumbs. Stir in chopped tomatoes and bacon. Make a well in center of flour mixture; set aside. In small bowl combine sour cream, eggs, and milk; add all at once to flour mixture. Stir with a fork just until moistened. Turn dough out onto a lightly floured surface. Knead dough gently 10 to 12 strokes or until dough holds together. Divide in half. Pat or lightly roll each dough half to a 7-inch circle. Cut each circle in 8 wedges.
3. Place wedges 2 inches apart on very large ungreased baking sheet. Bake for 5 minutes. Sprinkle tops of scones with cheese. Bake 7 to 8 minutes more or until tops are lightly browned. Serve warm. Top with additional crumbled bacon. **MAKES 16 SCONES.**

ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills,‡ visit ADVAIR.com or call 1-800-520-4197.

Important Safety Information about ADVAIR DISKUS 250/50 for COPD:

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting $beta_2$-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS.

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ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:6PI April 2009

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AD5253R0 January 2010

My husband fell in love with a younger woman... me.

Breakthrough skin research turns back the clock 20 years—the secret is just under your chin!

Say goodbye to 'turkey neck.' Try it Risk-FREE for 30 days!

I remember the night I gave up on my neck. After a nice dinner out, my husband Steve and I went dancing downtown. We moved like teenagers out on the floor and it felt great... until I hit the ladies room lights. I was shocked. I recognized the face in the mirror and the low-cut black dress was definitely mine. But the neck belonged to someone else. It was wrinkled, tired and made me look 20 years older.

The little black dress went into the closet and for years I hid behind scarves and turtlenecks. I felt too old to dress sexy. My husband was still treating me respectfully, but the romance was slipping. A few less bouquets of flowers and our nights on the town were being replaced by naps on the couch. It felt like we had both given up, but then I found hope.

The Beauty Secret Under Your Chin

Top beauty experts agree that the one part of your body that can prematurely age you the most is your neck. While we worried about the slow creep of crow's feet, laugh lines and gray hair, it was our wrinkled necks that were giving us away.

Surprisingly, this is not because the skin on our neck ages faster than our faces. It's because women all over the world spend millions – even billions – on makeup, skin and hair products while doing little or nothing for their neck! When I realized I was just as guilty as anyone, I decided to get back my younger, smoother neck.

Say Goodbye to Turkey Neck

That's when I discovered Declatone®, specially-formulated to firm, shape and smooth fine lines and wrinkles in the neck (including the décolleté area). Declatone® is more advanced than ordinary face and skin creams because it combines anti-aging ingredients in a proprietary formula that's sensitive enough for the delicate skin of your neckline.

As the skin below your chin ages, gravity takes over. The result is an embarrassing 'waddle' better known as "turkey neck." Nothing leaves you looking older beyond your years. The ingredients in Declatone penetrate deep to reduce the crepe-paper appearance of fine lines and wrinkles and restore your neck's youthful firmness. Smoother, tighter skin can be visible in as soon as two weeks!

The Sexy Black Dress Returns

After two months I really noticed a difference... and I wasn't the only one. My husband's frequent compliments came back ("Honey, you look great!") and the scarves and turtlenecks went into storage. As I looked better, I started feeling better too. It wasn't long before my husband surprised me with a weekend away at a fancy hotel. Of course, the low-cut black dress came with us. My confidence was back and so was the romance!

"I never thought much about how my neck looked until I saw a recent profile picture of myself at a wedding—I was horrified—sagging turkey neck. Upon my first application of Declatone, I noticed that the skin quality of my neck showed immediate improvement... Now, after 2 weeks—I am simply amazed... my neck is brighter, smoother and visibly tighter."

– Jamie, Berkeley Township, NJ

Not Available in Stores

You won't find Declatone on drugstore shelves or behind the counter at high-end beauty boutiques. It's only available in limited quantities direct from the laboratory. To ensure its integrity, Declatone® is produced in small batches using a unique formula of clinically-proven ingredients. If you're truly serious about looking younger, take the first step today and call the number below.

Declatone® Firms and Tightens Tired, Sagging Skin

Clinical studies of the ingredients in Declatone show that visible improvement of the density of the dermis and epidermis may increase 65%... after only two months of regular use!

Actual 60 Day Results – Unretouched Photos

Declatone®
30 Day Risk FREE Trial

We are so confident in the wrinkle reducing benefits that we want to offer you a 30 Day Risk Free trial for just a small shipping & processing fee, so you can experience the results first hand..... because seeing is believing! But this offer is limited so you must call today to get your trial of Declatone Neck & Decollete cream. If you're not 100% satisfed with the results, simply return the unused portion for a complete refund (less shipping & processing)

Call 888-651-3224 Today to Get Your Free Trial of Declatone®

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the $50 gym

It's hard to resist a workout that makes you laugh. With this playful equipment—a jump rope, a ball, and a Hula-hoop—you'll achieve serious fitness benefits. It's budget-friendly, too.

by **LINDA MELONE**
photos **KATHRYN GAMBLE**
styling **MEREDITH DRUMMOND** and **JEAN NORMAN**

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a rope

Jumping rope is high on the list of cardiovascular exercises—and it requires little space. At about 12 calories burned per minute, rope jumping is like running a nine-minute mile, says John P. Porcari, exercise physiologist with the University of Wisconsin, LaCrosse. "Jumping rope is tough at first, but it becomes easier with practice," Porcari says. Jump just high enough to clear the rope. "Most beginners jump too high," says Porcari. Wear cross-trainers or other shoes with cushion in the balls of the feet. A 9-foot rope works best for those 5′4″ to 5′10″. Start jumping in 15- to 20-second intervals and work your way up to 10 minutes.

THE ROUTINE

WARM UP by walking in place for a few minutes.
JUMP for 15 to 20 seconds; rest for 40 to 60 seconds and repeat sequence for 10 minutes (or as long as you can). While resting, keep moving by grasping the rope with both hands and making a sideways figure-eight.
HOW OFTEN Three to five times a week or as a warm-up before your regular cardiovascular routine. Or perform a Mini Circuit, *below,* for a full-body workout.

MINI CIRCUIT

15 to 20 seconds jumping, followed by 15 crunches. Repeat jumping followed by 15 push-ups. Continue alternating for 10 minutes, resting as needed.

get your gear

Many sporting goods stores and major department stores carry jump ropes, medicine balls, and hoops. You can find them online, but shipping fees may add to your final cost.

JUMP ROPE $6 + **HOOP $20** + **MEDICINE BALL $17** = **TOTAL COST: $43**

BodySport 9-foot Beaded Jump Rope, from Fitness Wholesale Online, ***fwonline.com***

Candy Cane Fitness Hoop, from Your Hoop, ***yourhoop.com***

4-lb. BodySport Medicine Ball, from Fitness Wholesale Online, ***fwonline.com***

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a ball

A colorful weighted ball used for strength training offers a fun alternative to traditional dumbbells. “You can also toss it around and bounce it off walls and floors, something you can’t do with dumbbells,” says Neal I. Pire, president of Inspire Training Systems in Ridgewood, New Jersey, and author of *Plyometrics for Athletes at All Levels*. Choose a light ball—four or five pounds—to start, and work your way up as you get stronger. This routine provides a total body workout in minutes a day.

SQUAT TAP

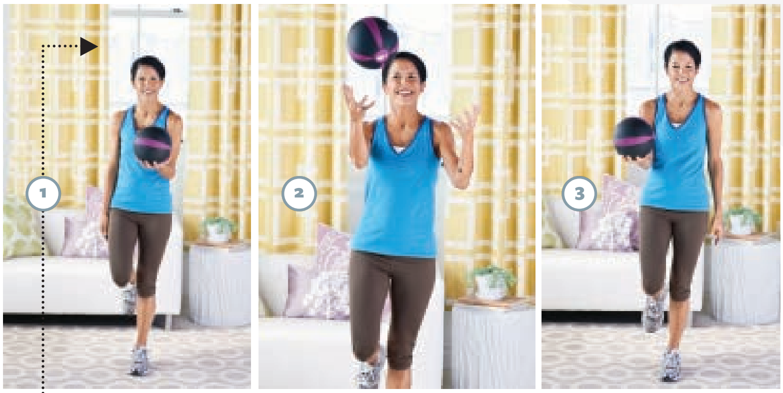
WORKS LEGS, GLUTES, CALVES, AND SHOULDERS

1. Stand with feet shoulder-width apart; hold a medicine ball with arms straight, fingertips pointed toward the floor.
2. Bend at the knees and hips to lower into a squat, keeping back straight, eyes forward, as you tap the ball on the floor.
3. Rise up and onto your toes while you straighten arms and extend the ball overhead as if placing it on a high shelf. Lower back onto your heels and repeat 15 times.

LUNGE & REACH

WORKS CORE, LEGS, GLUTES, CHEST, AND ARMS

1. Stand with feet shoulder-width apart; hold a medicine ball with arms bent in front of your chest.
2. Step forward with your right foot into a lunge, knee at a right angle and shin perpendicular to the ground; the left leg trails behind you in a 45-degree angle (knee should not touch floor). As you lunge forward, extend arms out as if passing the ball to a small child. Pull the ball back in toward your chest and push back to starting position; switch legs. Repeat 15 times each leg.



LEG BALANCE

WORKS CORE, BALANCE, GLUTES, AND ARMS

1. Stand on one leg (bend other leg and hold it behind you slightly), holding ball in one hand with elbow bent, forearm parallel to the floor. Keep the stationary knee bent slightly, engaging abdominal muscles to help balance.
2., 3. Maintain your balance as you toss the ball from one hand to the other, pausing with each “catch.” Repeat 15 times (or until fatigued), then switch feet.

SIDE LUNGE & TWIST

WORKS LEGS, OBLIQUES, CORE, SHOULDERS, AND BACK

1. Stand holding ball with arms extended in front of your chest.
2. Step out to the right side, landing in a side lunge position with your right foot pointed at 2 o’clock, as you simultaneously rotate your upper torso as if passing the ball to a person standing to your right. Rotate back and push off with your right foot to land in the starting position. Repeat 15 times and then switch sides.

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a hoop

"Hooping works the core muscles by strengthening them in all three planes of motion," says Pete McCall, physiologist with the American Council on Exercise. "It's a great warm-up for runners," says McCall. It also can stand alone as a core-focused cardiovascular workout. Use an adult-size hoop wrapped with friction tape, advises Abby Albaum, hooping instructor and founder of *HoolaMonsters.com*.

THE PUMP

1. Stand inside the hoop with one foot forward and one foot back, with your knees slightly bent.

2. Hold the hoop against your lower back. Give the hoop a push around your waist and begin moving your hips forward and back, instead of in a circle, while shifting your weight from one foot to the other.

TACTICS TO KEEP THE HOOP IN PLAY Increase the forward-back push of your pelvis to speed the hoop up so it rises higher on your body. Slow it down by whirling your body in the same direction as the hoop. Alternate between fast and slower speeds.

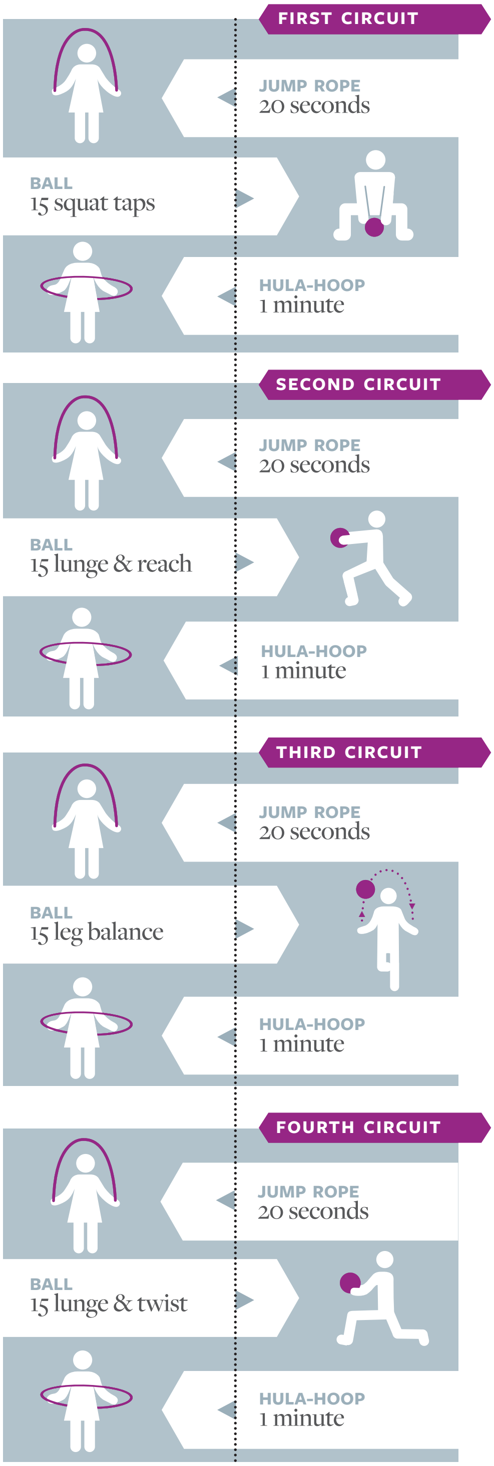
HOW OFTEN 3 times a week, 30-minute sessions for hooping. Tackle your whole body with the Core Builder, *below*, on alternate days.

CORE BUILDER

30 minutes of hooping, followed by The Plank. (Lie face down on the floor and prop yourself up onto your forearms, keeping elbows directly below shoulders; clench hands into fists. Tighten core muscles by pulling belly button in toward your spine. Raise hips until your body forms a straight line from shoulders, hips, and ankles. Hold for 60 seconds.)

hoop-ball-rope cardioblast

When you have only 10 minutes to exercise, try this full-body workout.



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The Pessimist's Guide to a Happier Life

You can become a glass-half-full person simply by changing your thought process and challenging your negative beliefs.

by **JULIE A. EVANS**

Only the most confirmed pessimist would expect to fail an optimism quiz, so when Susan Hwang received her surprisingly low score it was like getting a half-empty glass of water right in the face.

Instead of accepting her lot, however, she rather hopefully decided to see if she could turn lemons into lemonade and become an optimist. A grad student in psychology, she constructed a self-intervention that would give her outlook a positive charge and—more lemonade—become the basis for a research project at the same time.

> "Even if you tend to focus on the negative, you can learn to redirect pessimistic thoughts and frame them in a more optimistic light."
>
> **CAROLINE ADAMS MILLER, AUTHOR OF *CREATING YOUR BEST LIFE***

For help she turned to Caroline Adams Miller, Washington, D.C.-based professional coach and author of *Creating Your Best Life,* who showed Hwang how to nurture her optimism.

"Even if your natural tendency is to focus on the negative, you can learn to redirect pessimistic thoughts and frame them in a more optimistic light," says Miller. "Optimists expect good things to happen in their lives and work toward creating positive change to make those good things come true. Pessimistic people come up with reasons why they shouldn't even try."

It takes work, but both Miller and Hwang say it's worth the effort. Miller points to research showing that optimists tend to be happier, living longer and healthier lives with stronger relationships. And as for Hwang, she now boasts a graduate degree and a suitably high score on the optimism test.

WHAT'S ON YOUR PLAYLIST?

To become a more optimistic thinker, look inward and listen to what's playing on your "internal radio station," says Karen Reivich, Ph.D., research associate at the University of Pennsylvania's Positive Psychology Center and co-author of *The Resilience Factor*.

Your personal playlist sends you messages when you're running late for a meeting, deciding whether to go for a run, or struggling to get dinner on the table for your hungry family after work. Building awareness of what's playing in your head is a critical first step to learning how to become more optimistic,

PHOTOS: VEER

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LIQUID-PLUMR
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says Reivich. Figure out if you're sending yourself negative warnings or soothing tips that help you put things in perspective.

"One of the most important ways to promote optimism is to learn how to challenge your own negative beliefs or your tendency to catastrophize situations and give up too soon," says Reivich.

That's exactly what Hwang did. She began writing several daily "optimisms," or hopeful thoughts, along with personal evidence of positive outcomes.

For example, Hwang wrote: "Next to my desk is a photo of me with my mother and siblings on the banister of my grandparents' house. I'm laughing so hard that my eyes are shut. I know this joy always exists within and I am hopeful that it will bubble up to the surface more frequently. Why not every day?"

Writing at least two optimisms daily for six weeks "made a pretty dramatic difference in my life," says Hwang. "Before doing this intervention, I couldn't move forward, because I got stuck on what could go wrong. By writing down my optimisms, I realized good things are just as likely to happen as bad things."

PRACTICE, PRACTICE, PRACTICE

"The ability to find and use evidence to contradict pessimistic thoughts is what we call real-time resilience," says Reivich. "It quiets the self and enhances a sense of confidence and competence and optimism. That's something anyone can practice."

STRATEGIES FOR BOOSTING OPTIMISM

Make life lists. Write down five goals that you've achieved and that you enjoy thinking about, says Miller. Research shows that the happiest people have clear-cut life goals, take risks, and persevere. Then, on a fresh sheet of paper, write down five goals that you'd like to accomplish. Goals should be specific, measurable, meaningful, and challenging.

Silence your inner critic. Aim for a three-to-one ratio of positive to negative comments and thoughts. If you catch yourself with a negative thought, fight back by repeating a positive affirmation.

Take a time-out. Every day, set aside time—even if it's just five minutes—to appreciate the beauty around you, from your child's gleeful giggles to a full moon to the first signs of spring.

Treasure the moment. With your family, decorate a treasure box and fill it with blank index cards. Throughout the week, write down any special moments that happen and ask everyone to do the same. At dinner (or when the family gathers), take turns pulling a treasure from the box and reading it aloud. This exercise boosts optimistic thinking and encourages conversation.

"One of the most important ways to promote optimism is to learn how to challenge your own negative beliefs or your tendency to catastrophize situations and give up too soon." KAREN REIVICH, PH.D.

Quiz

REALITY CHECK

ARE YOU AN OPTIMIST OR A PESSIMIST? Find out which way you lean by taking this short quiz.

1. You find a $20 bill on the street and you think:

A. "Wow! This is my lucky day."

B. "It pays to be observant."

2. The new diet you've been trying is working. You've lost 5 pounds this month. Your reaction:

A. "I've finally found a diet that works. I hope I can drop another 5 pounds."

B. "My effort is paying off. I'll have no trouble reaching my goal."

3. You're having lunch when the waitress splashes a bit of red wine on your white shirt. You hope:

A. "That no one will notice the stain when I get back to the office."

B. "The waitress isn't distressed by the accidental spill."

Results

1. YOU'RE A PESSIMIST IF YOU ANSWERED "A." Pessimists often feel luck plays a key role in success. Optimists are those who pick "B," because they believe their own actions—being observant—lead to positive outcomes.

2. THE OPTIMISTIC ANSWER IS "B." Optimists believe they are in charge of their own success. Pessimists tend to rely on external factors (a diet), rather than on themselves, for achieving goals.

3. OF COURSE, THE "B" ANSWER IS MORE OPTIMISTIC. Although answer "A" seems pretty hopeful, it focuses on a negative scenario. Optimists would shrug off such a mistake and not worry about it.

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health news

THE INFORMATION YOU NEED TO STAY WELL

pre-diabetes

Melina B. Jampolis, M.D.

Q: My doctor just told me I have pre-diabetes. What exactly is that, and what can I do to make sure it doesn't develop into diabetes?

ANSWER: Pre-diabetes is a condition in which your blood sugar levels are higher than normal but not high enough for you to be considered a diabetic. It puts you at an increased risk for developing type 2 diabetes (as well as heart disease and stroke). Here are several ways you can lower your risk of developing diabetes:

- **LOSE WEIGHT** Dropping 5–10% of your body weight can decrease your risk of diabetes.
- **IMPROVE YOUR DIET** Limit refined, processed, and sugary grains, baked goods, and beverages. Try to eat at least 3 servings of whole grains per day. Make sure you consume plenty of fiber each day (25–35 grams), at least 5 servings of fruits and vegetables, lean protein including low-fat or fat-free dairy, and healthy fats like nuts, seeds, olive oil, and avocado in moderation.
- **EXERCISE REGULARLY** Exercise not only decreases your risk of diabetes (even if you are overweight), it can also decrease your risk of heart disease, high blood pressure, and high cholesterol. Follow the government guidelines, which include 150 minutes of moderate cardiovascular exercise per week and 2 days of full-body strength training.

docs on call

WONDERING ABOUT THE LATEST FITNESS TREND? Have a question about your child's—or your own—health? Our *Better Homes and Gardens*® new health advisory panel of doctors is ready to provide answers. E-mail your question to *BHGfeatures@meredith.com*. **The doctors are in.**

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TOOTHBRUSHES

If your toothbrush is approaching its 3-month birthday, it's time to get a new one, recommends the American Dental Association. After 3–4 months, brushes are less effective in removing plaque on your teeth and fighting gum disease.

New toothbrushes also give the brush-off to germs, says Jeffery Hobden, Ph.D., assistant professor of microbiology, immunology, and parasitology at LSU Health Sciences Center New Orleans. "Although there's an *ick* factor of having bacteria on your toothbrush, it's your bacteria," says Hobden. It's important to keep your germs from spreading to other family members.

Besides buying a new brush (look for one with antibacterial bristles), cut down on germs with toothbrush sanitizers (*violight.com*) or by giving your brush a good soak in an antimicrobial mouthwash. To prevent cross contamination, avoid sharing, and store brushes in a ventilated holder.

PHOTO: (BRUSHING TEETH) VEER

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*Every 8 oz. can has, 1/2 serving of vegetables and 1/2 serving of fruits

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AVOID THE ANTIBACTERIAL?

If every cough, sniffle, or sneeze has you reaching for the antibacterial hand cleanser or soap, that just might be part of the problem. Experts agree that antibacterial agents don't have any effect on viruses—which cause colds and flu—and could even make us more vulnerable to germs.

Certainly we should wash our hands diligently. However, "soaps and hand cleaners that contain triclosan or other antibacterial agents should be avoided," says Dr. Christopher A. Ohl, associate professor of infectious diseases at Wake Forest University School of Medicine in Winston-Salem, North Carolina. "These agents have been shown to pressure bacteria to become resistant to antibiotics and really are unnecessary."

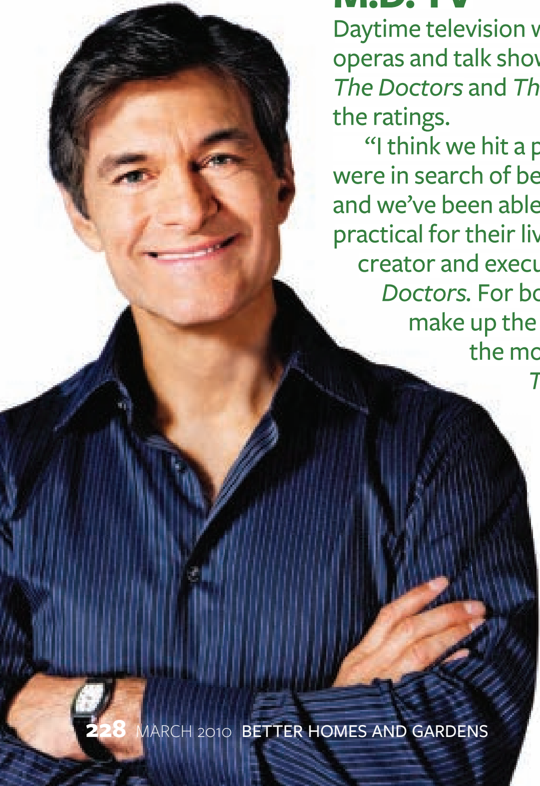
To kill most germs, simply wash your hands with plain soap and hot water for 30 seconds. "If soap and water are not available, alcohol-based hand hygiene products are an alternative for adults and older children," says Ohl.

Spring means the return of outdoor activities like hiking, biking, and running. You can track your mileage online at *MapMyHike.com*, *MapMyRun.com*, or *MapMyRide.com*. Chart your course by clicking on the interactive maps, then save or print it.

PHOTOS: VEER

ESSENTIALLY YOURS

The next time you get a burn or cut, give essential oil of lavender a try. The sweet-smelling healer takes the pain out of bug, bee, or ant stings, says Gayle Eversole, Ph.D., a master herbalist and doctor of naturopathy. Simply dab a bit onto the skin or add several drops to your bath.



M.D. TV

Daytime television was once the realm of soap operas and talk shows. Now real-life doctors—*The Doctors* and *The Dr. Oz Show*—dominate the ratings.

"I think we hit a perfect storm where people were in search of better medical information, and we've been able to provide it in a way that's practical for their lives," says Jay McGraw, creator and executive producer of *The Doctors*. For both shows, viewer questions make up the most popular segments—the more embarrassing, the better. *The Doctors* recently tackled morning breath (it's normal, but scraping your tongue helps), while Dr. Mehmet Oz (pictured) reassured viewers that drinking wine won't result in "wine bellies." See more tips at *TheDoctorsTV.com* and *DoctorOz.com*.

75

the percentage of college-age males who are drunk every day while on spring break.

According to the same University of Wisconsin study, their female counterparts come in at 43.6 percent. The way to break this cycle is to be realistic with your children—and yourself—before a spring break trip. "Dire warnings about the dangers of alcohol use are tuned out," says Richard Shadick, Ph.D., director of the Counseling Center at Pace University in New York. "Instead, use harm reduction as a method for limiting problems associated with alcohol abuse. Tell them: 'Don't drink with strangers, never drink and drive, keep an eye on your drink at all times, and eat something before you drink.' All of these suggestions limit the likelihood that harm may occur while drinking."

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ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of Rosacea in adult patients. You may experience intestinal upsets, sore throat or sinus infections/sinusitis when taking Oracea. Do not take Oracea if you are allergic to tetracyclines. Oracea may cause harm to a developing fetus, so do not take Oracea if you are pregnant or breastfeeding. As with other tetracyclines, you should stay out of direct or artificial sunlight, and make sure you tell your doctor if you have stomach or GI problems, kidney disease, have a yeast or fungal infection, take blood thinners, take oral contraceptives, or take medicine to treat acne, psoriasis or seizures.

Oracea does not treat bacterial infections. To minimize the risk of developing bacterial resistance, Oracea should be used only as prescribed by your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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(doxycycline, USP) *30 mg immediate release & 10 mg delayed release beads

Keep out of reach of children.

Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

CLINICAL PHARMACOLOGY

Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

WARNINGS

Teratogenic effects: 1) Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.

ORACEA should not be used during pregnancy (see **PRECAUTIONS: Pregnancy**).

2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown). This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. **Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.**

3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see **PRECAUTIONS: Pregnancy** section).

Gastrointestinal effects: Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by Clostridium difficile is a primary cause of "antibiotic-associated colitis."

If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against Clostridium difficile colitis.

Metabolic effects: The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

Photosensitivity: Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

PRECAUTIONS

General: Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible micro-organisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis.

ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth. Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

Autoimmune Syndromes: Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

Tissue Hyperpigmentation: Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas other pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

Pseudotumor cerebri: Bulging fontanels in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

Laboratory Tests: Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

Drug Interactions: 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see **DOSAGE AND ADMINISTRATION**) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors).

Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre-and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see **WARNINGS** section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see **WARNINGS** section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see **WARNINGS** section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see **WARNINGS** section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)

	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Pain Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see **DOSAGE AND ADMINISTRATION** section).

Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see **WARNINGS** section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see **WARNINGS** section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE:

In case of overdosage, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdose.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see **ADVERSE REACTIONS** section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

Storage: All products are to be stored at controlled room temperatures of 15°C - 30°C (59°F - 86°F) and dispensed in tight, light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

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our gadgets, ourselves

Find essential family time in an age of computers, cell phones, and sidekicks.

by HOLLY ROBINSON

Dinner was on the table. I'd coaxed our daughter off her cell phone and our son off his computer. I'd even lit candles. Just as I started passing the bread basket, though, my husband whipped out his Palm Pre. "I need to look something up," he said.

It was all I could do not to throw the bread basket at him.

Like most families today, ours has so many electronic gadgets buzzing and beeping that it's hard to know where to focus our attention. As parents, we bring BlackBerries to baseball games, and teens text through dinner. Cell phones are fifth limbs, and it takes a Herculean effort to pull ourselves away from the computer's magnetic attractions, from YouTube to Facebook, from the World of Warcraft to *The New York Times*.

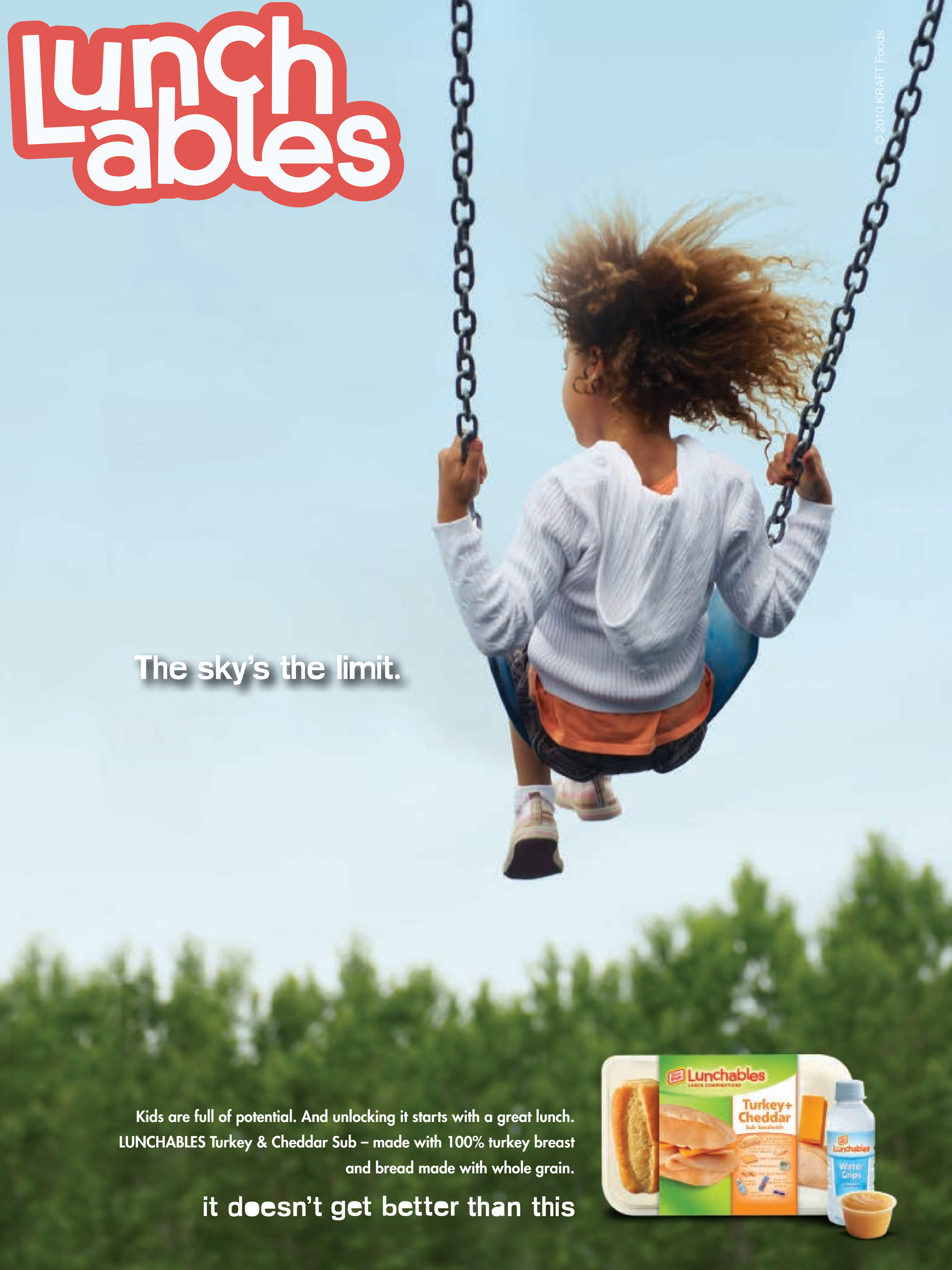
Granted, this techno wizardry has advantages—we can Skype with our daughter, who's studying abroad, and it's a sweet snow day when you can work at home in pajamas. Plus, our kids can literally see the Sahara Desert or Paris without leaving the living room.

But at what price? As our attention is fractured into smaller bytes, we risk losing sight of those who matter most. The percentage of people who say they spend less time with family members since being connected to the Internet skyrocketed from 11 percent in 2006 to 28 percent in 2008, according to researchers at the University of Southern California's Annenberg Center for the Digital Future.

For the last decade, the Center has been following more than 2,000 families' use of technology in the home. Senior fellow Michael Gilbert explains that the latest report shows a precipitous drop-off in "face-to-face family time," from about 26 hours per week to less than 18 hours since 2007. "The thing about the Internet is that it's a one-on-one interactive experience that really does draw people into their own little worlds," he notes. "We're enormous enthusiasts for technology here, but we realize that technology casts a huge shadow on family life."

PHOTO: VEER

"We're enormous enthusiasts for technology, but we realize it casts a huge shadow on family life." **MICHAEL GILBERT, CENTER FOR A DIGITAL FUTURE**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This is especially true for families with tweens and teens passionate about online games or socializing. Just ask Phoebe Adams of West Newbury, Massachusetts, who was recently having dinner with her husband and 12-year-old son, Jack, when she realized that Jack had been texting throughout their conversation.

"The cell phone gives Jack more opportunities to break away from us, have privacy, and connect with friends," she says. "One thing that troubles me is that it's rude. Another is that I don't even know who he's talking to. It's not like when we were kids, and our mothers could eavesdrop on our phone conversations."

These "mini screens" are particularly insidious, explains Kim John Payne, M.Ed., author of *Simplicity Parenting: How to Raise Calmer, Happier and More Secure Kids* (Random House 2009), since they can follow us anywhere. "Parents and children both need time to decompress and build relationships, and that's a lot harder to do if you're always at the mercy of technology."

> "To have moments of calm is a form of deep sustenance," says author Kim John Payne. "Family relationships are built into these pauses."

While many of us fantasize about throwing our laptops and handhelds out the window, the reality is that we need them, parent and child alike. But it's also a reality that we can—and must—be more protective of the family time we have and, ideally, create more.

"To have moments of calm is a form of deep sustenance for all human beings," says Payne. "Family relationships are often built into these pauses, into the incidental moments when nothing much is going on. We need to disconnect from technology to connect with each other."

PHOTO: VEER

5 simple ways

Wondering how to turn your family on to turning off? Our writer Holly Robinson shares easy ways to limit the electronic company you keep.

1. HOW MUCH IS TOO MUCH?

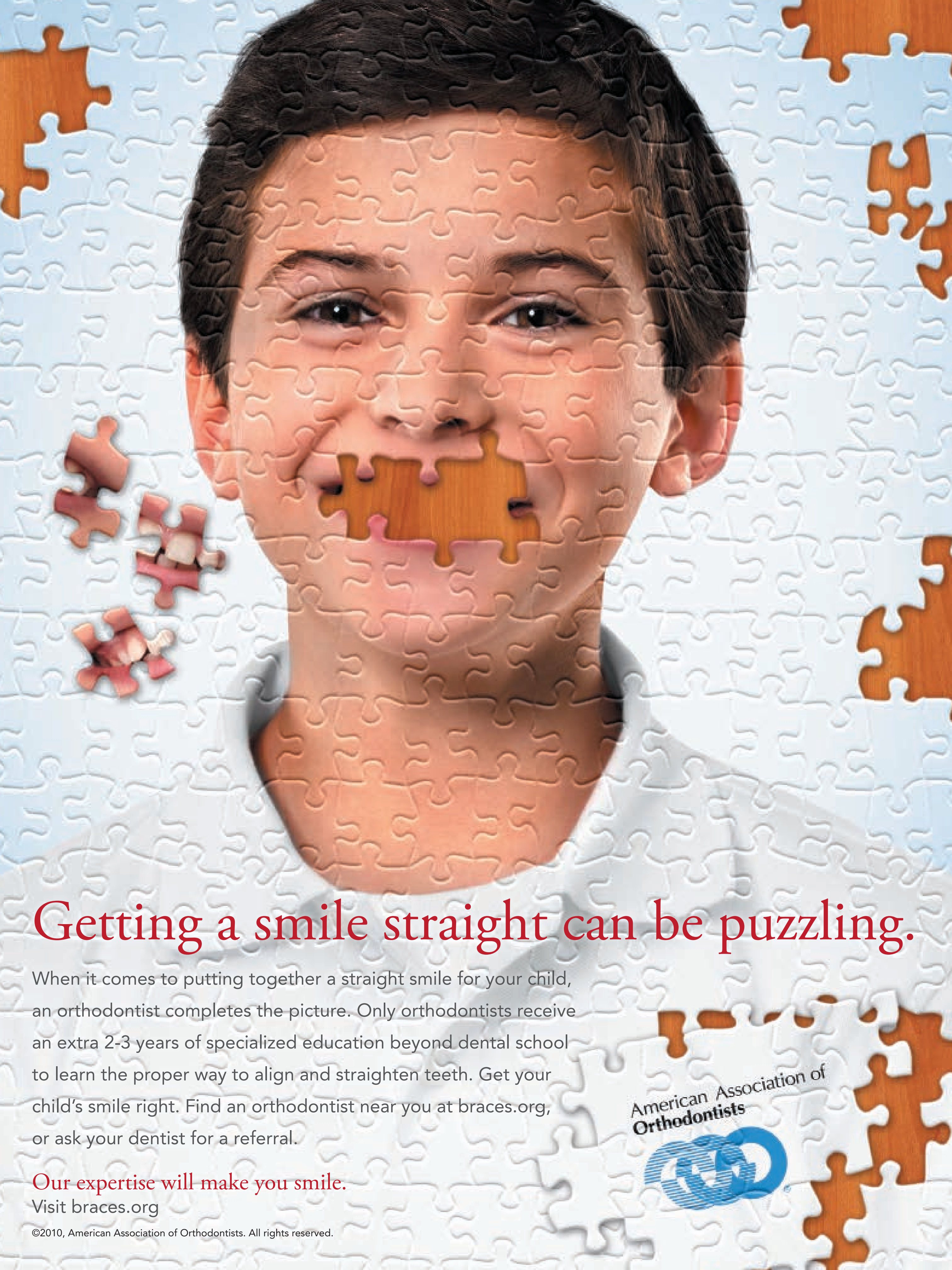
Each time you consider a new purchase, take the time to investigate the pros and cons. Ask what your child—and your family—will really gain from buying another video game, cell phone, laptop, or iPod. Every family's situation is unique. For instance, a family with two working parents may decide their tween needs a cell phone, while one with an at-home parent may put off that privilege until their teen learns to drive. When a new technology does enter your family's life, "set clear limits and consequences about its use," says Michael Osit, Ph.D., author of *Generation Text: Raising Well-Adjusted Kids in an Age of Instant Everything* (Amacom 2008). He suggests keeping gaming systems, televisions, and computers in common areas rather than in children's bedrooms to limit unsupervised time online. In our house, we also came up with a firm "shut down" rule of 9 p.m. to allow our family more time to read or talk, and we don't allow mini screens in the car unless the trip is longer than four hours.

2. PRACTICE WHAT YOU PREACH

Recently, I was discussing a project with a client on my cell phone when I picked up my son, Aidan, from school. "You're always on the phone, Mom," Aidan accused later. "It's like I'm not even here." Startled, I realized that he was right: I was as much a slave to my technology as he was to his. As parenting expert Kim John Payne points out, "Everyone is distracted when one member of the family is distracted. Even if the kids don't have their own cell phones or BlackBerries, they understand when they have someone's attention and when they don't." From then on, I made a family rule: no talking or texting on cell phones while we're in the car together, eating meals, playing a board game, or doing anything else that's meant as family time.

3. GROUP UNPLUG

Turn everything totally off as a family at least once a day, especially at dinner. Shutting everything down for just 30 minutes at a time can have a big impact on family relations,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Payne says. Even if you're only eliciting monosyllabic grunts from teens, "You're still building family relationship credits that you can bank for the future." As you overcome your withdrawal, you can gradually build up to more unplugged time, he promises, having your family go screen-free one day each weekend, or more.

4. GET FRIENDLY WITH BOREDOM

Many families, accustomed to multiple televisions, computer screens, and cell phones, experience withdrawal when they're turned off. Kids will gripe at first about long bleak hours with nothing to do, especially if they're tweens or teens. Parents might have a hard time, too. "Hold fast," says Payne, "because boredom is often the precursor to creativity. If your children are bored for half an hour, they won't be brain-damaged or become social misfits." Pretty soon, you'll all welcome the extra time to decompress and engage in other, more creative activities. Bridge the gap by investing in board games, puzzles, and art supplies, leaving them visible in common areas of the house for everyone to enjoy during unplugged hours.

5. MAKE YOUR ESCAPE

If the screens at home are too tempting, leave them behind. Take a walk or have a picnic in a nearby park, go to a ball game or a museum—and make sure handheld devices stay home. Kate Kelly, the mother of three boys in Pelham, New York, admits that in her house, technology creates countless conflicts. But her solution isn't to add more gadgets, it's to regularly remove her family from the house. "It's easier to have quality family time away from these distractions," she says, "even if we just rally everybody together for a walk."

HOW FAMILIES USE TECHNOLOGY

how does yours compare?

- The average age at which American kids start using mainstream technology gadgets such as cell phones, iPods, and DVD players is now 6.7 years.
- By 2007, 90 percent of eighth grade public school students had a computer at home.
- Kids with a TV in their rooms spend almost 90 minutes more a day watching TV than those without.
- Cell phone use has skyrocketed from 4.3 million users in the U.S. in 1990 to 254 million by February 2008.
- Between 2004 and 2007, the percentage of adolescents with cell phones rose from 45 percent to 71 percent.
- In 2006, about a third of all teens ages 12 to 17 spoke with their friends by cell phone on a daily basis.
- Internet subscriptions have increased 300 percent, from 18 million subscribers in the mid-1990s to 66.2 million in 2007, with Internet access for almost nine out of every ten children living in a household with a computer.
- The percentage of people who report spending less time with other household members since being connected to the Internet has tripled, from 11 percent in 2006 to 28 percent in 2008.
- Through the middle of the past decade, shared family time averaged 26 hours per week, but that dropped to 17.9 hours of shared family time by 2008.
- Almost half of all women (49.2%) feel ignored by a family Internet user. About 39.1% of men feel as if they get short shrift by family members online.

FAMILY TIME 2.0

There are actually ways to use technology to create more quality family time, says Denise Pellow. Having combined her legal career with certification in computer network engineering to found *KidsBeSafeOnline*, a Web site aimed at educating adults on child Internet safety, the Missouri-based grandmother is passionate about how kids use new technologies. But she's just as dedicated to encouraging families to use them to their advantage. "Technology has brought me closer to my family," says Pellow, who plays Webkinz online with her grandchildren. "Parents need to keep the dialogue open about technology if they don't want to be shut out of their children's lives." Here are her tech-niques to create more quality family time.

LET YOUR FINGERS DO THE TALKING. Text with your kids. "Children can't roll their eyes at you or use a sarcastic tone in a text message," points out Pellow, so texting often limits negative interactions. Plus, parents tend to be long-winded, and texting is better suited to adolescent attention spans.

PLAY ONLINE GAMES WITH YOUR KIDS. From Lego Indiana Jones to more advanced role-playing games, have fun with your kids online and they'll be more open to doing other activities with you. A good resource for choosing age-appropriate games: *commonsensemedia.org*

GET UP AND GO GEOCACHING. Go outdoor adventuring with your family through geocaching, a high-tech treasure hunting game played worldwide that involves finding hidden objects, called "geocaches," and sharing your discoveries online. All you need is a GPS device. Find out more at *geocaching.com.*

PHOTO: VEER

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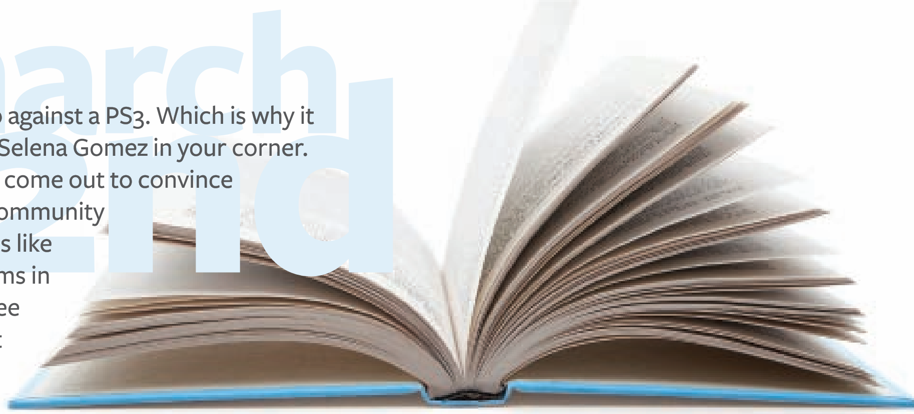
family news

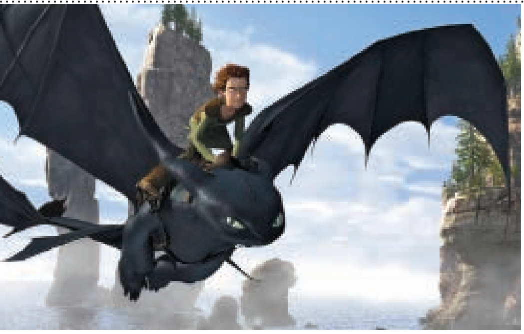
CUES YOU CAN USE FOR TIME TOGETHER

Read Across America

march 2nd

Reading can be a tough sell to kids if it's going up against a PS3. Which is why it doesn't hurt to have the likes of Tiki Barber and Selena Gomez in your corner. March 2 is Read Across America Day, when stars come out to convince kids that reading's cool. Schools, libraries, and community centers across the country step up with activities like readings, book clubs, and even incentive programs in which completed books can be redeemed for free stuff at local businesses. Visit *nea.org* to find out what your community's got planned.





HOW TO TRAIN YOUR DRAGON

Every teen—and everyone who's ever been a teen—feels like an oddball sometimes, which is why kids and adults should get a kick out of *How to Train Your Dragon*, a new 3-D animation out March 26. Young Viking Hiccup (his dad's the local chief) has no talent for the tribe trademark dragon-slaying and instead finds himself a brilliant dragon-friender. Voiced by Jay Baruchel, America Ferrera, Jonah Hill, Gerard Butler, and Craig Ferguson, the comedy is by Dreamworks, the folks behind *Shrek*, *Madagascar*, and *Kung Fu Panda*.

MOMster

Mom, you're like, so old. (Eye roll.) Got tweens or teens? OMG, swap war stories, vent, or sniff out advice at momster.com, *Family Circle's* new social networking site just for moms like you. And 'cause you're so cool, you can follow along at *twitter.com/*MomsterSaysSo and on Facebook.

FOOT PETALS

Moms on the go need sole satisfaction. Foot Petals' brand-new Sporty Soles ($30 at *footpetals.com*) replace your shoes' existing soles with a shock-absorbing, odor-reducing, and blister-preventing foam that also provides lower back support—so you can continue to do it all, only minus the sore dogs.

Eat together healthy forever

It might be a struggle to get everyone to the dinner table for a family meal, but keep at it—your hard work is paying off. According to the *Journal of Nutrition Education and Behavior*, adolescents who participated in regular family meals five or more times a week reported healthier diets than kids from families who rarely break bread together. Their meal patterns were better, too, setting them up for a healthier adult future.

One way to get everyone to the table is to involve them in the process. And cooking a meal together is a great can't-go-to-the-mall-one-more-time Spring Break activity. Try best-selling British cookbook author Annabel Karmel's new *Top 100 Finger Foods* for easy kid-teen-and-tween-friendly recipes like minty lamb kebabs, salmon fishcakes, and—something everyone can agree on—chicken nuggets.

PHOTOS: (BOOK) GETTY; (DINNER) VEER; (STORYTIME) JUPITER

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moneynews

TIMELY TIPS FOR MEETING YOUR BUDGET

TAX TIME REMINDERS

Pay special attention to these areas when preparing your 2009 income tax returns, says Mark Steber, chief tax officer at Jackson Hewitt (*jacksonhewitt.com*): ▶Income requirements have been relaxed for taking advantage of the Earned Income Tax Credit. A family with three or more children earning less than $48,279 can claim a credit of $5,657. You must file jointly. ▶ Claim up to 30 percent of qualified energy-saving improvements made to your home in 2009. ▶If you bought a new car between February 16, 2009, and January 1, 2010, deduct state and local sales and excise taxes. ▶Many expenses that occur while job hunting are deductible. ▶If you lost your job in 2009, your first $2,400 of unemployment compensation is excluded from taxes.

$25

The monthly cost for a small independent or chain gym that offers basic group fitness and equipment, Fabio Comana of the American Council on Exercise says many clubs now offer monthly contracts and waive up-front fees because of the poor economy. Expect to pay $40–$75 at larger centers with more amenities.

penny-wise

PHOTOS: (COINS) VEER; (CALENDAR) GETTY

If you're like most families, you probably have $50 or more worth of pennies, nickels, and dimes languishing in jars, under sofa cushions, and on top of the clothes dryer. These days, many people lug their caches to counting machines at grocery stores and other retailers. Most of these conveniently located machines are operated by Coinstar (the clever folks behind Red Box movie rental kiosks). But it's a little pound-foolish to pay an 8.9-cents-per-dollar commission for cash. Get 100 percent of your money back by loading the value onto a retail gift card or eCertificate for merchandise at Amazon, iTunes, Lowe's, Old Navy, Starbucks, and others. You can also donate your windfall to major charities, such as the American Red Cross, the Leukemia & Lymphoma Society, and the March of Dimes. To find a machine go to *locator.coinstar.com.*

nibble away that debt

Conventional wisdom on getting out of debt advises paying off your biggest loan first. Financial counselor Dave Ramsey recommends making your smallest balance the No. 1 priority. Why? Debt reduction is more about behavior than math, he claims. Paying off your smallest debt gives you a quick-win mentality and the motivation to plow through your next-larger bill—and so on. Of course, you need to make at least minimum payments on higher-payoff obligations while doing the debt snowball. Ramsey spells it all out in his book, *The Total Money Makeover*, and at his Web site, *daveramsey.com*.

RESOURCES

SOME PRODUCTS SHOWN EDITORIALLY IN *BETTER HOMES AND GARDENS*® MAGAZINE CAN BE OBTAINED LOCALLY. FOR MORE INFORMATION OR DEALER LOCATIONS, CONTACT MANUFACTURERS LISTED.

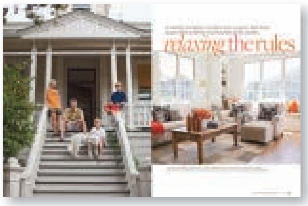
ON OUR COVER
FRESH LIVING
Page 26: "Stripes" cup and saucer—Jonathan Adler; jonathanadler.com. **Striped runner**—Les Toiles Du Soleil; 212/229-4730; lestoilesdusoleilnyc.com.
Page 28: cylinder glass vases, ceramic bird—Jamali Garden; jamaligarden.com. **Table runner**—Les Toiles Du Soleil (see previous). **Hermit series teapot, cups, saucers**—Middle Kingdom; middlekingdomporcelain.com.
Vegetables—Melissa's World Variety; melissas.com.

EAT, PLAY, LIVE
Pages 32-36: architectural design—Charles Ward, da Rosa Design Lab; 323/655-7355; darosaward.com. **Cabinet maker**—Peter Scholz, Showcase Inc.; showcasecabinets.com.
Page 31: range and hood—Viking Range Corp.; 888/845-4641; vikingrange.com. **Wall tile**—Ann Sacks; for a retailer 800/270-8453; annsacks.com. **Mango pitter**—Crate & Barrel; 800/967-6696; crateandbarrel .com (product line varies).
Pages 32-33: faucet—Kohler Co.; 800/456-4537; kohler. com. **Wall color,** #16-1 (Snowflake)—Pratt & Lambert Paints; 800/289-7728; prattandlambert.com. **Large bowl**—Crate & Barrel (see previous). **Knoll chairs,** Eero Saarinen—Knoll; 800/343-5665; knoll.com. **Fabric for banquette**—Kirk Brummel, Brunschwig & Fils (to the trade); brunschwig.com. **Table**—David Albert Design; davidalbertdesign.com. **Rolling shade**—Aero Shade; 323/655-2411; aeroshadeco.com. **Glass hurricanes**—West Elm; 866/937-8356; westelm.com. **Runner, napkins**—Pottery Barn; 800/922-5507; potterybarn.com.
Page 34: green mugs, sugar and creamer—Crate & Barrel (see previous).
Page 36: hanging wall calendar—Erin Condren; erincondren.com.

NO-FAIL NEUTRALS
Pages 39-40: kitchen designer—Rebekah Zaveloff, CKD, NKBA member; 773/495-4383; kitchenlab-chicago.com.
Page 40: contractor—José Romero, Homer Homes, Inc.; 773/485-0307; homeryourhome@yahoo.com.
backsplash tiles, "Wisp," **cupboard countertop,** custom stainless steel—Avenue Metal Market, Inc.; 312/243-3483; avenuemetal.com. **Island countertop,** white Palmas granite—local supplier. **Sinks**—Blanco America, Inc.; 800/451-5782; blancoamerica.com. **Faucets**—Danze Faucets; 877/530-3344; danze.com. **Pots/pans**—Crate & Barrel; 800/996-9960; crateandbarrel.com. **Coffeemaker, toaster, black trays, herb mill**—Sur La Table; 800/243-0852; surlatable.com. **Range**—Wolf Appliance Co., LLC; 800/332-9513; wolfappliance.com. **Cabinetry,** custom—KitchenLab; 773/459-4383; kitchenlab-chicago.com. **Cabinet hardware, lighting**—Restoration Hardware; 800/910-9836; restorationhardware.com.

10 GREAT IDEAS, 1 LIVABLE KITCHEN
Pages 43-46: interior designer—Craig Kettles, C designs, 215 Shady Lane, Lakemont, GA 30552; 706/982-9031; c-designs.biz. **Cabinetry and hardware**—Cabinet Works; 706/384-7444; wardcabinetworks.com.
Page 43: countertops, honed Calcutta gold marble—T&J Granite; 706/283-8009; tjgranitecountertops.com. **Cooktop, double oven, warming drawer**—Wolf Appliance Co.; 800/332-9513; wolfappliance.com. **Refrigerator**—Sub-Zero Freezer Co. Inc; 800/222-7820; subzero.com. **Cabinet color,** #205 (Simply Irresistible)—Benjamin Moore & Co.; benjaminmoore. com. **Sink,** Shaws Original Farm Sink—Rohl, LLC; 800/777-9762; rohlhome.com. **Faucet**—Herbeau Creations of America; 800/547-1608; herbeau.com.
Pages 44-45: counter stools—Crate & Barrel; crateandbarrel.com. **Lamps and picture light**—Visual Comfort; 713/686-5999; visualcomfort.com. **Artwork,** Nancy Dusenberry—Johns Creek Fine Art; johnscreekfineart.com and Flint Gallery of Panoply; 770/364-2172; flintgallery.com.
Page 46: benches—Ann Hathaway, Inc.; 404/352-4153; hathawaydesigns.com. **Chandelier**—Restoration Hardware; 800/762-1005; restorationhardware.com. **Windows**—Pella Corp.; 888/847-3552; pella.com. **Microwave drawer**—Sharp Electronics Corp.; 800/237-4277; sharpusa.com.

MISSION: EAT HEALTHY
Page 48: pendant lights, similar—Lowe's Home Improvement Stores; 800/445-6937; lowes.com. **Mixer,** Artisan series, **blender**—KitchenAid; countertop appliances 800/541-6390; kitchenaid.com. **Fruit bowl**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies).
Page 50: filtered water pitcher—ZeroWater; zerowater.com. **Glass bowls, white lids**—Crate & Barrel (see previous).
Page 52: white "Café Au Lait" bowls, olive wood salt keeper, peppermill, oil mister, Blue "Le Creuset" grill pan—Williams-Sonoma; 800/541-2233; williams-sonoma.com.
Pages 54-55: "Siena" juice glasses, pitcher—Williams-Sonoma (see previous).



RELAXING THE RULES
Pages 56-64: architect—Ken Linsteadt Architects, 3407 Sacramento St., San Francisco, CA 94118; 415/351-1018; kenlinsteadt.com. **Interior design**—Carol Knorpp, KB Design; 415/990-9041; cknorpp@pacbell.net. **General contractor**—Joe Floyd, Floyd Construction; 415/485-0645; floydconstructioninc.com. **Floors,** reclaimed oak—Restoration Timber; 888/563-9663; restorationtimber.com. **Windows and doors**—Elliott Weiss, Woodworks, Window and Door Co.; 415/648-1797; woodworkswindows.com. **Floor installation and finish**—Deven Gadula, First, Last and Always; 415/541-7978; deven@firstlastalways.com.
Page 57: all upholstered furniture—Victoria Card, Pacific Heights Place; vc@pacificheightsplace.com. **"Lava" table**—Sue Fisher King; 415/922-7276; suefisherking.com. **Pine coffee table**—The Gardener; 510/548-4545; thegardener.com. **Zebra print pillows**—Z Gallerie; zgallerie.com. **Patchwork Dhurrie rug**—Summer House Gallery; 415/383-6695.
Pages 58-59: trunk, sofa—Victoria Card (see previous). **Upholstery chair with nailheads, wooden birds**—Summer House Gallery (see previous). **Paint color**—Vandommelen Colorworks; 415/641-4783. **Chandelier**—Harvest Home; 415/945-9288. **Agate slices**—Columbine; 415/927-8884. **Art,** "Prayers for Peace"—Gloria Matuszewski, Translations; 707/938-0888; translations-sonoma.com. **Oversize hurricane, Sisal rug**—Pottery Barn; potterybarn.com. **Bench seating**—West Elm; 866/937-8356; westelm.com. **Chair, bench fabric**—Henry Calvin Fabrics; 888/732-1996; henrycalvin.com. **Table**—antique, discontinued, or a personal belonging.
Pages 60-61: "Moccamaster" coffee maker—Techni Vorm; 800/545-4077; technivorm-usa.com. **Cabinets**—Anderson's Quality Woodworks; 707/291-7452; andersonsqualitywoodwork.com. **Rug/runner**—Summer House Gallery (see previous). **Range**—Wolf Appliance Co.; 800/332-9513; wolfappliance.com. **Bench cushions**—Shears and Windows; 415/621-0911; shearsandwindow. com. **Pendant light**—Lunaria; 415/461-0588; lunaria.us. **Table**—Summer House Gallery (see previous). **Chairs**—West Elm (see previous). **Napkins,** "Black, White & Bright" Suzani Collection—World Market; 877/967-5362; worldmarket.com (product varies by location).
Pages 62-63: glass canisters—Maison Reve; 415/383-9700; maisonreve.com. **Stools**—Sundance Catalog; 800/422-2770; sundancecatalog.com. **Countertops,** Calcutta marble—Davinci Marble; 650/595-2500; davincimarble.com. **Stone fabrication**—Creative Stoneworks; 510/428-2202. **Greek Key pillows** (Silver)—Z Gallerie (see previous). **Black and white pillows**—Pottery Barn (see previous). **Orange pillow**—Henry Calvin Fabrics (see previous).
Page 64: chandelier, Terzani—Lunaria (see previous). **Glass decanter**—The Gardener; 888/509-8484; thegardener.com. **Chairs, side table**—Ruby Living Design; 415/381-9095; mvstaff@rubyliving.com. **Sconces**—Battersea Store; 415/553-8500; batterseasf .com. **White linen chair**—Summer House Gallery (see previous). **Globe**—Sundance Catalog; sundancecatalong. com. **Tissue box cover**—Columbine (see previous). **Linen pillows**—IKEA; 800/434-4532; ikea.com. **Scrolled pillows**—Bloomingdales; 800/472-0788; bloomingdales .com. **"Lima" Alpaca Citron Throw**—Crate & Barrel; 800/967-6696; crateandbarrel.com (product line varies). **Black bench**—CB2; cb2.com.

IN THE MIX
Page 83: cabinets, custom—Roy Taylor, Taylor Made Inc.; 225/667-5552. **Concrete counter tops**—Crane; 985/893-7367; craneconcretecounters.com. **Lighting**—Hi-Lite Manufacturing Co.; 800/465-0211; hilitemfg.com. **Wall color** (Old Prairie)—Benjamin Moore & Co.; benjaminmoore.com. **Ice maker**—KitchenAid; major appliances; 800/422-1230; kitchenaid.com. **Range top**—GE Appliances; 800/626-2005; geappliances.com. **Backsplash,** Relic field tile—Palatial Stone; palatialstone .com. **Roman Shades,** Sea Grass—Levolor Home Fashions; 800/465-5326; levolor.com. **Linen napkins** (Flax)—Pottery Barn; 800/922-5507; potterybarn.com.
Page 84: towels—Aux Belles Choses; aux-belles-choses .com. **Flooring paint,** plywood squares (Sag Harbor, Coastal Fog)—Benjamin Moore & Co. (see previous). **Sausalito dinnerware** (Amber), **cream color dishes, pitcher, rattan tray**—Pottery Barn (see previous). **Yellow mixing bowl, oils, spatula**—Williams-Sonoma; 800/541-2233; williams-sonoma.com.
Page 86: basket for wood, cow bell, cream-colored bowl, gold pillows, green throw, twig table—Pottery Barn (see previous). **Art work,** Bill Iles "Beech Forest"—Cole Pratt Gallery; 504/891-6789. **Painted fireplace boards** (Gloucester Sage)—Benjamin Moore & Co. (see previous). **Birch logs**—Paul's Fireplace Wood; firewood.com. **Sofa, club chairs, floral pillow**—Lee Ind.; 800/892-7150; leeindustries.com.
Page 88: flat screen television—Panasonic; for information or to find a local retailer call 800/211-7262; panasonic.com. **Brown bowl on console, green pillow**—Pottery Barn (see previous). **Media console, coffee table,** "Present Tense"—*Better Homes and Gardens*™ Furniture Collection produced under license by Universal Furniture International, Inc.;

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877/804-5535; bhgfurniture.com. **Rug, wicker chairs**—Pizits House & Garden; 850/231-2240. **Arm chairs**—Bush Antiques, bushantiques.com. **Wood chandelier**—Arteriors; 877/488-8866; arteriorshome.com. **Handmade vase**—Plant Gallery; 800/545-2499; theplantgallery.com.

SPRING TIMES
Pages 94-99: landscape architect—Brad Stangeland, Stangeland & Associates, Inc., 2150 University St., Eugene, OR; 541/484-7367; stangelandlandscape.com; email: brs@stangelandlandscape.com. **Iron arches**—Iron Gardens; 503/352-9475; irongardens.com. **Concrete planters**—Bedford Brown, 1825 NW Vaughn St., Portland, OR 97209; 503/227-7755; bedfordbrown.com.

OPEN INVITATION
Pages 121-126: garden designer—Chris Fenmore, Garden Studio Landscape Design, 3822 Campus Dr., Ste 219, Newport Beach, CA 92660; 949/673-5450; gardenstudiodesign.com. **Dining table, benches, bar stools, cocktail table**—Carter Brown Home; 828/505-2172; carterbrownhome.com. **Taupe cushions**—Canvas taupe; Sunbrella; sunbrella.com. **Pillows**—Canvas Weave Plum, Ishi Red Poppy, Hable Tumbleweed Antibes; Perennials Fabrics; perennialsfabrics.com. **Candle hurricanes**—Botanik, 2329 Lillie Ave., Summerland, CA 93067; 805/565-3831. **Candles**—Park Avenue Candles; parkavenuecandles.com. **Plates, pitcher, blue placemats**—Bloomingdales; Bloomingdales.com. **Rock work**—Yosemite cobbles, Modern Builder's Supply; modernbuilderssupply.com. **Pendant light**—Old California Lantern Co., 975 N Enterprise St., Orange, CA 92867; 800/577-6679; oldcalifornia.com.

FOUR SEASONS
Pages 130-134: annuals—Proven Winners; provenwinners.com. **Ellis retangular planter** (36x16-20")—Crescent Garden; 877/477-0027; cresentgarden.com. **Prechilled bulbs**—Lowe's; Lowes.com. **Red berry ornaments**—Smith & Hawken; 800/940-1170; smithandhawken.com. **Red sheer scarfing**—Menard's; menards.com.

BEAUTY
Page 153: Bobbi Brown Metallic Eye Shadow—select department stores; bobbibrowncosmetics.com. **Mark Mini Mark It Stick for Eyes**—available from Avon representatives; meetmark.com; avon.com. **Clarins Single Eye Colour**—select department stores; clarins.com. **Bourjois Regard Effet DuoChrome Eyeliner**—Ulta stores; ulta.com. **Maybelline Define-A-Line Eyeliner**—mass market retailers nationwide; maybelline.com. **The Body Shop Eye Color**—The Body Shop stores nationwide; thebodyshop-usa.com. **Make Up For Ever Star Powder and Matte Eye Shadow**—Sephora stores and sephora.com. **Benefit Velvet Eyeshadow**—sephora stores; sephora.com; benefitcosmetics.com.
Page 154: JK Jemma Kidd I-Tech Liquid Liner—Target stores nationwide; target.com. **MAC Blush Ombre collection**—MAC stores nationwide and select department stores; maccosmetics.com. **Fruits & Passion flower diffuser**—Fruits & Passion boutiques worldwide; us.fruits-passion.com. **Depth hair and body products**—Whole Foods stores nationwide; depthbody.com. **Lancôme Génifique**—Lancôme boutiques nationwide and select department stores; lancome-usa.com. **OPI Avoplex nail and cuticle oil**—select mass market retailers nationwide; opi.com; drugstore.com.
Page 158: Garnier Ultra Lift Pro Deep Wrinkle Dual Eye—mass market retailers nationwide; garnierusa.com. **Eye Magic Instant Eye Lift**—eyemagic.net. **Vichy Liftactiv Retinol HA Eyes**—select mass market retailers; vichyusa.com. **Olay Total Effects Eye Cream + Concealer**—mass market retailers nationwide; olay.com. **Patricia Wexler M.D. Fastscription Instant De-Puff Eye Gel**—Bath & Body Works stores; bathandbodyworks.com.

PLEASE NOTE THE FOLLOWING CORRECTIONS:
DECEMBER 2009, JOY OF GIVING
Page 123: stocking—Cost Plus World Market; worldmarket.com.
FEBRUARY 2010, THE EVERYTHING ROOM
Page 60: vinyl grasscloth wallcovering (Mocha)—thibautdesign.com.

HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! Come see for yourself at one of our 330 STORES NATIONWIDE and use this 20% OFF Coupon on any of our 7,000 products, plus pick up a FREE 9 LED Aluminum Flashlight. No Strings Attached, No Purchase Required! We stock Automotive products, Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Material Handling, Woodworking Tools, Welders, Tool Boxes, Outdoor Equipment, Generators, and much more.

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- √ We Have 10 Million Satisfied Customers
- √ We Buy Factory Direct and Pass the SAVINGS on to YOU!
- √ Shop & Compare Our Quality Brands Against Other National Brands
- √ Thousands of People Switch to Harbor Freight Tools Every Day!
- √ NO HASSLE RETURN POLICY
- √ Family Owned & Operated

LIFETIME WARRANTY
ON ALL HAND TOOLS!

SUPER COUPON!

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3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT
NO PURCHASE REQUIRED!
22679146
ITEM 65020

Cannot be used with any other discount or coupon. One coupon per customer. Coupon not valid on prior purchases. Offer good while supplies last. This coupon cannot be duplicated in any manner including photocopies and computer printouts. Original coupon must be presented in order to receive the free gift. Valid only in Retail Stores through 6/16/10. Limit one per customer.

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20% OFF
ANY SINGLE ITEM!

Bring this coupon and Save 20% on one single item purchased at Harbor Freight Tools. Cannot be used with any other discount or coupon. One coupon per purchase. One coupon per customer. Coupon not valid on prior purchases or purchase of gift cards or purchase of extended service plans. Offer good on in-stock merchandise only. Savings discount percentage off Harbor Freight Tools current prices, including sale prices. This coupon cannot be duplicated in any manner including photocopies and computer printouts. Original coupon must be presented in order to receive the discount. All Campbell Hausfeld products are excluded from this offer. This offer is not valid on food or beverage items sold in our retail stores. Valid only in Retail Stores through 6/16/10.
22615157

See HarborFreightusa.com/homegarden for additional SUPER COUPONS

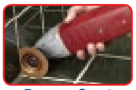
SUPER COUPON!

MULTIFUNCTION POWER TOOL

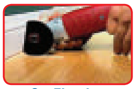
CHICAGO Electric Power Tools
LOT NO. 67256
This is the Last Power Tool You Will Ever Need!
HIGH-SPEED OSCILLATION TECHNOLOGY

Includes accessories shown.

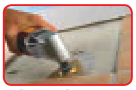
SAVE 41%
$34.99
REG. PRICE $59.99



Remove Grout



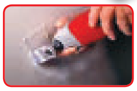
Cut Flooring



Scrape Concrete

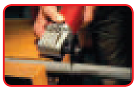
Sanding

Plunge Cutting



Cut Drywall

Cut Metal



Cut Plastic

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36513638

SUPER COUPON!

CENTRAL FORGE

105 PIECE TOOL KIT

LOT NO. 4030
4 DRAWER TOOL CHEST INCLUDED!

$29.99
SAVE 53%
REG. PRICE $64.99
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CHICAGO ELECTRIC POWER SYSTEMS
LOT NO. 8884/39954

3-IN-1 JUMP-START/AIR COMPRESSOR

SAVE 28%
$49.99
REG. PRICE $69.99

Item 8884 shown
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SUPER COUPON!

SAVE $140
STOREHOUSE

11 DRAWER ROLLER CABINET

LOT NO. 67421
INCLUDES:
- 6 Drawer Top Chest
- 2 Drawer Middle Section
- 3 Drawer Roller Cabinet

$149.99
REG. PRICE $289.99
43162189

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SUPER COUPON!

CHICAGO Electric Power Tools

RECIPROCATING SAW WITH ROTATING HANDLE

LOT NO. 65570

$19.99
SAVE 50%
REG. PRICE $39.99
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SUPER COUPON!

LOT NO. 47712

6 FT. x 8 FT. GREENHOUSE

One Stop GARDENS

REG. PRICE $379.99
$199.99
SAVE $180
37515582

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I did it!

"The patio makes our small house much friendlier for entertaining. The way we can have these special things is to do it ourselves. I'll try most anything."

JENNY NUNNINK

WHEN BILL NUNNINK poured a concrete slab to connect the Spanish-style house with the garage and the skeleton of a new outdoor fireplace, he left a big blank canvas for his wife, Jenny. Inspired by the colorful architecture of nearby Old Town in San Diego, Jenny says she just started drawing swirls with sidewalk chalk until she was satisfied with the overall pattern. She used a grinder on the ½-inch-thick tiles to accomplish the curves and—just for fun—threw in old gears, keys, and marbles here and there to jazz up the design. "Very dirty, very noisy work," Jenny says, "but this is the place to be now for family parties and neighborhood happy hours." —ANDREA CAUGHEY

Send your I did it! to ididit@meredith.com.

PHOTO: ED GOHLICH

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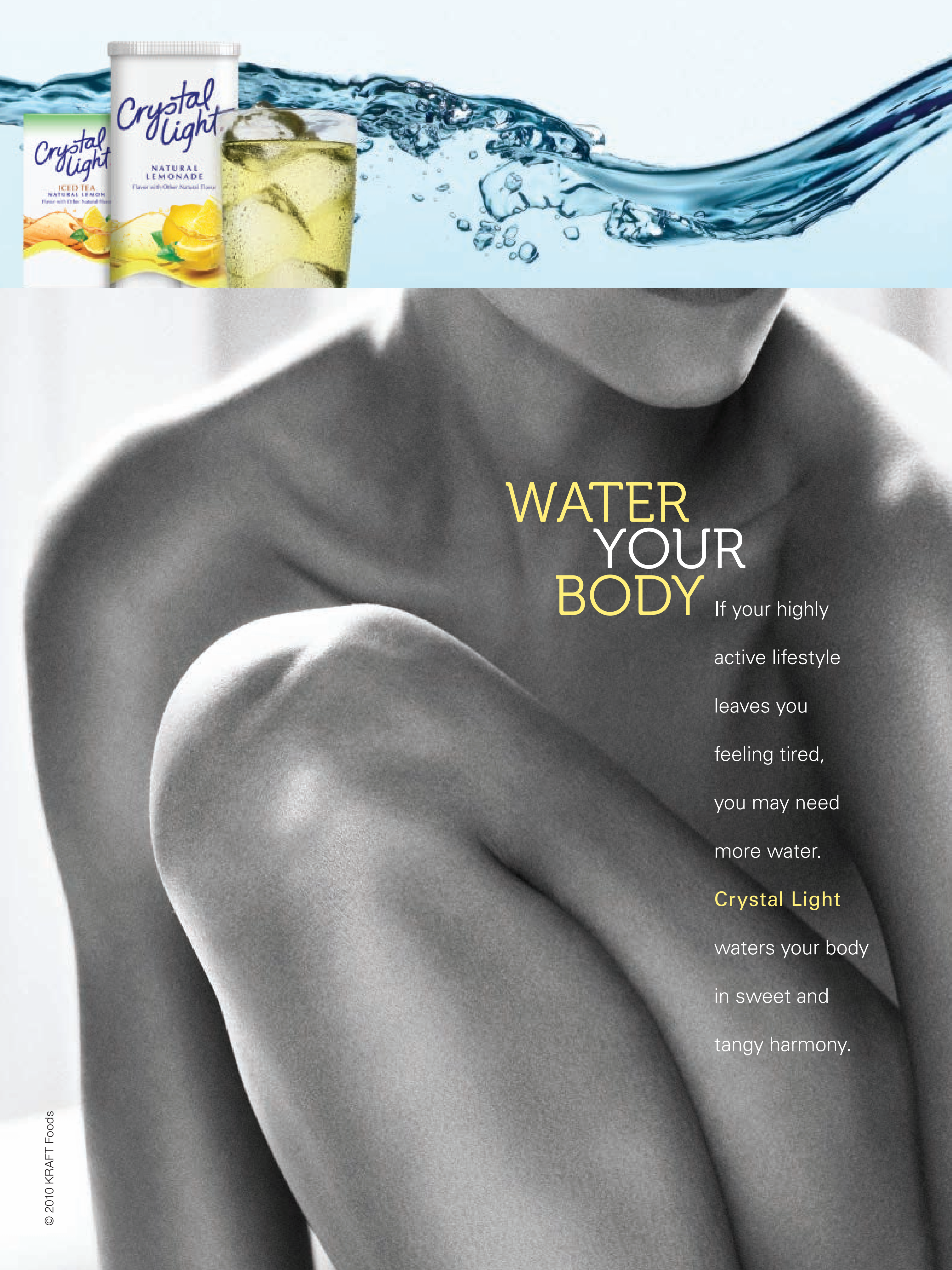
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